

# SmileMint Studio



## *Bespoke Dental Care*

### **Post Operative Instructions After Sinus Augmentation Surgery**

#### **Medications**

**Sedative:** If a sedative was given prior to or during your appointment, DO NOT drive for 24 hours.

**Antibiotic:** It is important that you take this on time, and completely. Failure to do so may result in infection.

**Pain Medication:** You may start the pain prescription immediately after surgery, to avoid pain and inflammation once the anaesthesia wears off. This will help with both pain and swelling, so take the medication as advised even in absence of pain.

**Mouth Rinse:** 24 hours after surgery, gently rinse twice a day for 30 seconds with betadiene mouthwash 1:1 dilution.

After the first 24 hours, rinse well with warm saline rinses for upto 1 week. This helps with pain, soreness and swelling.

**Decongestants:** It is common to have some congestion following sinus lift surgery, a decongestant may be prescribed for the same.

#### **Precautions:**

- Do not Smoke.
- Do Not Blow Your Nose! If you must sneeze or cough, do so with an open mouth, and do not pinch your nose.
- Do NOT spit or suck for two days following surgery. (No straws, mints, hard candies, popsicles, cigarettes)
- Be careful while eating while still numb, you may bite or burn the mouth.
- Drink plenty of fluids
- Follow a soft, nutritious diet at room temperature following surgery (Pasta, soup, yogurt, canned fruits, cheese, ice cream)
- Avoid until follow up: hard, crunchy foods and foods containing seeds (Chips, apples, carrots, celery, lettuce, peanuts, popcorn, hard meats, nuts)

**Contact Dental office in case of bleeding with large clots, or severe pain and swelling persisting, or worsening after 3-4 days.**