

Post-Operative

INSTRUCTIONS FOR SINUS ELEVATION

TO ENSURE A SUCCESSFUL TREATMENT OUTCOME, PATIENT COOPERATION IS CRITICAL. WE ASK THAT YOU FOLLOW THE RECOMMENDATIONS BELOW UNTIL THE NECESSARY HEALING HAS TAKEN PLACE.

1. For 7 days after surgery, we ask that you refrain from blowing your nose. If your nasal passages are runny or clogged, please gently dab the area. Blowing your nose could result in damage to your sinus area.
2. Please take your antibiotic as indicated on your prescription. This should be taken until all medication is gone.
3. For the first 7 days, take Sudafed 12 hour tablets as directed, then only as needed.
4. For 3 days, use 2 sprays of Afrin Nasal Spray in your right/left nostril every 6-8 hours, rest 1 day and then continue for 3 more days.
5. To reduce swelling, we recommend using ice packs on the affected area. 10 minutes on, then 10 minutes off.
6. For 72 hours after surgery, we recommend drinking plenty of liquids – juice, milk and soda. Please do not drink through a straw, as this can create negative pressure.
7. For the best treatment results, we recommend that patients refrain from drinking alcohol for the first 7 days.
8. A soft food diet is recommended for the first 5 days. A list of ideas is provided for you.
9. After the first 24 hours following surgery, please rinse with the prescribed Peridex or Chlorhexidine rinse 2-3 times a day for the first 1-2 weeks.
10. For 3-4 days you will need to take 400mg/2 tablets of Advil/ Ibuprofen every 3-4 hours. If that does not relieve your pain, the prescribed pain medication may be taken together with the ibuprofen.
11. If you feel a sneeze coming on, please sneeze with your mouth open.
12. To ensure proper healing of the sinus cavity, we ask that you refrain from smoking for 2 months.



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