

Sinus Graft Pre and Post-Operative Instructions

1) 24 Hours Prior to Surgery

- a. Begin taking your prescribed antibiotic. This is very important to help reduce the chance of post-operative infection.
- b. Begin using an over the counter nasal decongestant. **We don't want you blowing your nose for the first week.**

2) After Surgery

- a. Ice /Cold Packs - It is very important to ice the surgical site. Apply the ice pack to face in 30 minute intervals on first day to help combat swelling. The day after surgery, you should use warm, moist heat.
- b. Take your post-operative medications as directed
 - i. Antibiotics
 - ii. Mouth Rinse
 - iii. Medications for Discomfort
 - iv. Nasal Decongestant (over the counter)
- c. Bleeding - It should be minimal and should be easily controlled with 20 min of constant finger pressure. If you continue to bleed for more than 30 min call immediately.
- d. Swelling - It generally does not develop for about 12 to 24 hours and may continue for 4-5 days, gradually reducing in size. If you having increasing swelling associated with pain after 4-5 days, please call our office right away.
- e. Discomfort - Take your post-operative pain medication as directed to control any post-operative discomfort.
- f. Drainage or loss of graft material - If you notice any drainage or "sand" (graft) from your nose or surgical site, you should call our office right away. This could be a sign of an infection.
- g. Loose Sutures - Sutures or "stitches" may become loose prior to your post-operative visit. This is not a cause for concern. It is best not to remove them yourself. We will be happy to see you to remove them.

3) Hygiene/Removable Appliances/Diet

- a. You can use a toothbrush to lightly paint the surgical site with the prescribed antibiotic mouth rinse for the first week. Continue to brush the nonsurgical areas normally.
- b. Removable appliances or partial dentures should only be used for esthetics in the first week and not to eat. **If the appliance does not fit after surgery the appliance should not be worn.** Adjustments to the appliance may be needed.
- c. Diet- Soft food (pasta, eggs) - Avoid hard (apples, chips) foods until the sutures are removed. Don't use straws.

If you have any concerns not covered on this form or need any other assistance please call our office at (916) 929-5052.