

# INSTRUCTIONS FOLLOWING SINUS GRAFTING

The transplant of bone and bone substitutes into the maxillary sinus is a routine surgical procedure. However, the after-effects of oral surgery vary per individual. Post-operative care is very important. Unnecessary pain and complications of infection and swelling can be minimized if these instructions are followed carefully.

## IMMEDIATELY FOLLOWING SURGERY

You will notice a small stitches in place where the bone was both taken from and placed.

- The gauze pad placed over the surgical site(s) should be kept in place for a half hour. Soft biting pressure should be maintained with minimal talking or manipulation. After this time, the gauze pad should be removed and discarded. If bleeding persists repeat the process.
- Vigorous mouth rinsing, spitting and drinking through a straw should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Take the prescribed pain medication as soon as you get home, prior to the local anesthetic (dental freezing) wearing off.
- Restrict your activities the day of surgery. Return home immediately following discharge from the office. Anesthetic effects vary by individual, and you may feel drowsy for a period of time following surgery. Rest, lie down with your head elevated until all the effects of the anesthetic have disappeared.
- Place the ice packs on the sides of your face where the surgery was performed to help reduce swelling.

Swelling, discomfort, bleeding are normal and to be expected.

TO ENSURE THAT THE TISSUE HEALS PROPERLY YOU FOLLOW THESE INSTRUCTIONS UNTIL YOUR FOLLOW-UP APPOINTMENT WITH DR. MATHER:

## SINUS PRESSURE

Avoid activities that create pressure within the sinus for 10 days. To allow proper healing we do not want to create a difference in air pressure between the antrum and the mouth that can cause pressure within the surgical site. Do not blow your nose, try to sneeze with your mouth open, do not drink through a straw, and avoid flying in a pressurized aircraft or scuba diving. It is not uncommon to have the feeling of a stuffy nose, have nasal drainage or to have blood come from the nose on the same side as your surgery. If this happens, you can wipe your nose to remove any discharge but avoid blowing your nose to remove the content.

## PAIN

Unfortunately, most surgeries are accompanied by some degree of discomfort. To help reduce your symptoms we advise you to begin taking the pain medications prescribed within 2 hours following your surgery. This ensures that the medication is acting prior to the local anesthetic wearing off, when it may be more difficult to control the pain. Take the anti-inflammatory pain medication as prescribed every 6 hours immediately following surgery and continue for 2-3 days following surgery whether there is discomfort or not. If you feel continued discomfort you can also take the narcotic pain medication as prescribed at the same time as the anti-inflammatory to help reduce any symptoms. The narcotic pain medicine will make you groggy and will slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages while taking it. Taking the medication with soft foods and/or a large glass of juice will lessen any side effects of nausea or stomach upset.

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## **ANTIBIOTICS**

Antibiotics, if prescribed to prevent infection, should be taken as prescribed until finished. It is not uncommon to feel slightly nauseated or itchy when beginning the antibiotics. If you develop a rash or other unfavorable reaction call the office for further information.

If you are currently taking oral contraceptives (Birth Control), for anything other than regulation, you should use an alternate method of birth control for the remainder of this cycle.

## **NASAL DECONGESTANTS.**

To help reduce any discomfort with sinus pressure and the surgery and the ensure adequate aeration of the surgical site, Dr. Mather will often also prescribe or recommend a nasal decongestant to reduce or eliminate the feeling of a 'stuffy nose'. Take the decongestant as prescribed for the time period that is recommended.

## **SMOKING**

Do not smoke for 7-10 days following this event. Cigarette smoke decreases the healing potential of the area and increases the likely of a complication or a failure of the site to heal.

## **ORAL HYGIENE**

Keeping your mouth clean after surgery is essential to reduce pain and lessen the incidence of infection. No rinsing of any kind should be performed until the day following surgery. You can brush your teeth the night of surgery with a small amount of toothpaste or warm, salt water but rinse gently. The day after surgery you should begin rinsing at least 5 to 6 times a day with a cup of warm water mixed with a teaspoon of salt. Avoid using Scope or any commercial mouth rinses as alcohol contained within them slows the healing process.

If the corners of your mouth were dry at the time of surgery they may become cracked or red during healing. You can keep the lips and area moist with an ointment such as Vaseline or Blistex.

## **STITCHES**

Sutures are placed to minimize bleeding and to help with healing. They will dissolve on their own within a week. Sometimes they become dislodged early with cleaning or food. This is no cause for alarm. Contact Dr. Mather's office for instructions and to make an appointment for evaluation but typically the site will gradually fill in with new tissue over the next 3 to 4 weeks. It is important to keep the area clean with gentle rinsing with warm salt water.

It is not uncommon for small fragments of bone to migrate from the surgical site during healing and protrude through the gum tissue. These small pieces can sometimes be irritating to the oral tissue and tongue. If this does happen please contact Dr. Mather to arrange an evaluation in the office.

Your case is individual. No two mouths are alike. It is my desire that your recovery be as smooth and easy as possible. If you have any questions about your progress or any symptoms you are experiencing, please call the office at 780.760.1501 during the regular office hours or evenings and weekends at 1-866-676-2233 to obtain advice and, if necessary, organize an additional appointment.