



SINUS LIFT/BUMP POST OPT INSTRUCTIONS

AFTER SURGERY

You can expect some nasal stuffiness and crusting for 3-6 weeks after surgery. Many patients are back to work or school the week following after surgery. Following these suggestions can help you prevent complications and recuperate more quickly.

THE FIRST FEW DAYS

Change the gauze bandage as needed. Discontinue when the drainage stops. Sleep with your upper body elevated to keep pressure off of your head. Use pain medication as directed by your doctor or mild non-aspirin pain relievers (Tylenol). Take any additional medications prescribed by your doctor. Drink plenty of fluids to prevent dry mouth. A bedside humidifier may be helpful. To help control any bothersome nasal bleeding, an ice pack can be applied over the nose and cheeks. Do not snort the blood through your nose as this will promote more bleeding.

THE FIRST FEW WEEKS

For several weeks, you will have some thick discolored drainage from your nose. This occurs as the sinuses begin to clear themselves. This is normal and does not indicate an infection. Take it easy and avoid bending, straining, and exercise for at least 1 week. No vigorous activity is allowed until healing is complete, usually in about 2 weeks.

IMPORTANT TIPS

Cough and sneeze with your mouth open. Do not blow your nose during the first week. During that time, if you have congestion, sniff gently and spot into a tissue. Avoid hot, spicy foods. Do not drink through a straw.

CALL YOUR DOCTOR IF

You are bleeding excessively. You have signs of an infection such as fever, yellow-green drainage, unrelieved headache, or increased pain. You have decreased or double vision, swelling of the eyes, a stiff neck, or extreme fatigue. You have clear watery drainage from your nose.

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