



Montchanin Implant Center  
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— periodontics and implantology —

## Instructions for Post Operative Care Following Your Sinus Procedure

The following information has been prepared to help answer questions you may have regarding the operation which has just been performed. **Please read the instructions carefully.** Our experience has shown them to be very helpful.

### WHAT TO EXPECT

#### **Discomfort:**

Mild to moderate discomfort is to be expected following most sinus surgical procedures. You may have been given several prescriptions. Be sure to follow the directions on the bottles or as instructed by the office. One prescription will usually be for pain. The first dose should be taken as soon after the surgical procedure as possible. When pain medication is not prescribed, an over the counter pain reliever should suffice for control of discomfort. Continue taking the over the counter sinus medication following package directions.

#### **Bleeding:**

There may be bloodstains in the saliva for several hours after the operation- this is normal, and is not cause for concern. Rinsing interferes with blood clotting, and **MUST** be avoided for the first 24 hours post-operatively. If there is excessive bleeding, remove any clots with a moist gauze square (a folded moist paper towel can be substituted for a gauze pad) and place a moderate, but constant pressure over the bleeding area. Hold in place for at least 20 minutes. If bleeding has not stopped, try again for an additional 20 minutes. Do this for at least **FOUR** intervals and be as **STILL** as possible, Sitting with head completely upright and reclined no more than 45 degrees. If this is not successful, call Dr. Keller at **(302) 652-3586**.

#### **Swelling:**

Immediately following the surgery apply ice, either in an ice bag or wrapped in a towel, to your face over the area that was operated on. Keep the ice bag on for 20 minutes, then take it off for 5 minutes. This should be repeated as often as possible for the first six hours. Applications of cold in the above-prescribed manner will help to reduce swelling and discomfort. Anti-inflammatory medications are also helpful. The use of Ibuprofen 4 x a day will also reduce swelling. Keep in mind swelling can peak at four days then should start to subside. (You can continue ice if swelling does not subside, up to 48 hours.)

#### **Oral Hygiene:**

Perform your regular oral hygiene procedures in all areas of your mouth not involved in the surgery. **DO NOT TOUCH SURGICAL SITE OR FLOSS IN AREA. SOFT BRUSH TO BE USED ON TEETH ONLY.**

#### **Rinsing: NO RINSING AFTER PROCEDURE UNTIL THE NEXT DAY**

Beginning the day after the operation, rinsing with warm salt water (1/2 tsp. in 8 oz. glass of warm water) is encouraged. Repeat this after meals and bedtime until your next appointment. The purpose of rinsing is to remove food particles, prevent bad breath, and to make your mouth feel cleaner and more comfortable. In **SOME** cases, an antimicrobial rinse is prescribed for use twice daily. Be sure to follow directions on the bottle.



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**Diet:**

Soft foods only for six weeks following surgery. This means nothing sticky, hard, or crunchy. In addition, stay away from anything spicy or acidic as these types of foods may cause a burning or stinging sensation

**Activity:**

You are encouraged to avoid strenuous exercise for the first few days. NO EXERCISE FOR 48 HOURS. Try to get at least eight hours rest per night.

**What to Avoid:**

Avoid blowing your nose for the first week

Do not drink through a straw for the first few days after surgery

Alcohol and Smoking should be avoided to aid in the healing process.

The proper care following the dental surgery will hasten recovery and prevent complications. If any unusual symptoms occur, call the office at once. We care about you and want you to know we are always available.

In case of an emergency after hours: please call our office by dialing (302) 652-3586 for instructions.

If you have any questions or if there are any complications not covered in these instructions, please do not hesitate to contact our office. Our telephone is always attended.

[www.kellerperio.com](http://www.kellerperio.com)

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