

Sinus bone graft augmentation surgery post-operative instructions

Antibiotic Use the antibiotic as prescribed. Start taking it the first day (unless directed otherwise) and use to completion. You can reduce stomach upset by taking it with food and/or plenty of liquid.

Ibuprofen Unless you have a reason you can't take ibuprofen (such as an allergy to ibuprofen or aspirin, or a stomach ulcer), take 800mg of ibuprofen at a time, 3 times per day. Start 1 hour before your oral surgery, and take for the next 5 days. After that you can still take it as needed for pain. Do not use ibuprofen for more than one week. If you take an 81mg aspirin daily, taking an NSAID (such as ibuprofen) and aspirin around the same time can reduce the blood thinning effect of aspirin. To avoid this, take the aspirin 8 hours after the last ibuprofen, then wait at least ½ hour before taking any more ibuprofen.

Combination ibuprofen & acetaminophen Take 600mg ibuprofen and 1000mg acetaminophen (Tylenol) at the same time every 6 hours by the clock for the 1st 3 days (day of oral surgery and the next 2 days). Stop this regimen after 3 days. Take 1 oxycodone when you arrive home. After that, take the oxycodone only if needed. **NOTE: Do not consume alcohol the day before or day of surgery and wait 2 days after the last acetaminophen (Tylenol) dose before consuming alcohol. The combination acetaminophen & alcohol is hard on the liver.**

Pain pills Take one pain pill as soon as you can after surgery. It will usually work better if taken before the numbness wears off. After that, take only as needed. Take any narcotic pain pills with food and/or plenty of liquid. Do not drive after taking any narcotic pain pill and do not take them with sleeping pills or alcohol.

Medrol Dose Pack (yellow box) This is an anti-inflammatory steroid, which helps prevent PO swelling. Start the morning of your oral surgery. The instructions are listed on the package as to how to take them. Make sure you read it well and follow the directions.

Nasopure nasal wash Start 1 week before your surgery and continue for 1 week after your surgery. Use 2 times a day as a nasal wash as directed. Instructions can be found at <http://www.nasopure.com/t-Videos.asp>

Ice bag Use a cold pack (a plastic bag of frozen peas works well) to the face over the area where the procedure was done for 10 minutes at a time, twice an hour, for the first 6 hours. You can periodically use an ice bag the rest of the day of surgery and the next day. If you use the ice bag as directed, you should have less swelling than you would have otherwise. Less swelling equals less pain. Do not use hot packs or a hot water bottle.

Sleep somewhat inclined For the first 2 nights after the procedure, sleep in a recliner chair or with your head propped up with some pillows. A recliner is better. If you keep your head above your heart level for the first 2 days, it will significantly cut down on post-op swelling. Less swelling equals less pain.

Swelling Most people get some swelling and, if they do, it usually happens about 48-72 hours after surgery. Using the ice bag and sleeping inclined as directed above will help a great deal with keeping it to a minimum.

Liquid in the bottle is chlorhexidine (Peridex®), a topical antiseptic. We want you to use this starting the morning of your oral surgery. Gently rinse with ½ ounce (fill line on the bottle cap) for 30 seconds then spit it out. Do not eat, drink or rinse for 30 minutes after using. Use rinse 2 times a day (morning & evening). Use until the bottle is empty.

Salt-water rinses Gently rinse your mouth out (don't swish) with warm salt water (1/2-tsp. salt in 8-ounce glass of warm water) for 30 seconds and spit out. Repeat. Do this 4-5 times per day for 7 days. Start day after the procedure.

Red handled toothbrush (if we gave you one) This is a Tepe Special Care® toothbrush. It is soft as a mop, so is not a very good "cleaning" toothbrush, but helps without damaging the surgical site until it is healed better. It is for use in the surgical area only. Start using the toothbrush the day after surgery and continue for two weeks after surgery. Use a regular toothbrush in the non-surgical areas.

Inhaling and nose blowing Avoid things that will make you sneeze or cough. Do not blow your nose hard or vigorously inhale. If you have to cough or sneeze, do it with your mouth open, this will allow the pressure to go out the mouth, not the nasal sinuses. Do this for 1 month.

Oral hygiene Do not use a water-pik or an electric toothbrush around the surgical area for 6 weeks after the procedure. After that, it should be OK. Around the surgery area, for the first 2 weeks use the red handled toothbrush as noted above, then 2 more weeks with the Tepe Special Care® toothbrush (it is a bit stiffer than the red handled brush). You can brush the areas not worked on with your usual toothbrush. Do not floss around the tooth/teeth worked on for 1 week, so you don't accidentally take out any of the stitches. After 4 weeks, there should be no oral hygiene restrictions, except for water-piks & electric toothbrushes as noted above.

Touching the surgical site It is important that the surgical site remains untouched during the initial stages of healing. We recommend that you avoid stretching your mouth to look at the site, use caution when washing your face, and avoid playing with your tongue on the surgical sites.

Stitches The stitches around the surgical site are usually non-dissolvable and they will need to be removed about 3 to 4 weeks later.

Bleeding "Pink" saliva is normal for a few days. If you have bleeding, gently wipe the area clean of any "blood clots" first. It has to be thoroughly cleaned first. Then apply gentle (not real hard) pressure to the surgery site for 10 straight minutes with a soaking wet tea bag (black tea works the best), or a soaking wet gauze pad, or a clean washcloth, etc. Be sure it is soaking wet. If it is not, the clot will stick to it and start bleeding again when you pull it away. If it just won't stop, call. Some blood in your nose is normal for a few days, as the nose and the sinus are connected.

Food Stay on a soft diet, chew away from the surgery area and avoid any foods that would be more likely to get stuck in the surgery site, such as corn, popcorn, nuts, and seeds (fruits like strawberries have seeds). Do this for up to 3 weeks. Citric juices, carbonated beverages or acidic foods, like tomatoes, may make it hurt, but won't damage the healing, though. For the first 7 days avoid really hot foods or drinks. Several glasses a day for the 1st week or 2 of a nutritional food supplement (Carnation Instant Breakfast drink, Ensure, Slim-Fast, etc.) is advisable as a food supplement. Ensure makes a product called Glucerna for diabetics. After 3 weeks, there should be no eating restrictions. Nothing but light sucking with a straw for the first 2 weeks. No milkshakes with a straw for 3 weeks.

Exercise Avoid strenuous exercise for the first 7 days. Strenuous physical activity may increase post-operative pain or cause post-operative bleeding and swelling. Less activity equals less pain.

Smoking Don't. It is better to not smoke 1 week before until 6 weeks after the sinus augmentation surgery. Smoking and smokeless tobacco may adversely affect healing and may cause pain and/or a poor result, especially if used during the 1st 6 weeks. This includes pipes and cigars. If you do smoke, keep it 5 cigarettes or less per day and only smoke half the cigarette. Do this starting one week before your surgery and for at least 6 weeks post-op. Do not blow the smoke thru your nose; blow it out your mouth.

Aspirin Unless you have a special medical reason for taking aspirin (tell us at least a week ahead of time if this is the case), do not take aspirin products for 7 days prior to thru 7 days after the extraction procedure. Aspirin can cause bleeding.

Dr. Sebastian's cell number is (253) 653-5305

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