

Medications



Pain relief:

- Ibuprofen 200 mg:** take 3 tablets every six hours for at least 3-5 days to reduce pain & swelling.
- Tylenol Extra Strength (Acetaminophen) 500 mg:** take 2 tablets every six hours to reduce pain.
- Tylenol #3 with codeine 300/30 mg:** take 1-2 tablets every six hours to reduce pain.

Tip: if it is safe for you to take Ibuprofen, take Ibuprofen and Tylenol together for the best pain relief.

Anti-Oxidant Gel:

- AO ProVantage Gel:** 5 times per day, apply two pumps to the tip of your tongue and gently spread gel along the surgical areas to help prevent infection.

Antibiotic to prevent infection:

- Augmentin 875 mg/125 mg:** take 2 tablets the night before surgery, then take 1 tablet every 12 hours until gone.
- Azithromycin 250 mg:** take 2 tablets the night before surgery, then take 1 tablet per day, until gone.

Sinus medications:

- Oxymetazoline (Afrin) Nasal Spray:** 1-2 sprays in each nostril twice daily only if you have a stuffy nose. Do NOT use for more than three days in a row.
- Pseudoephedrine 25 mg:** to reduce sinus congestion, take 1-2 tabs every six hours.



SANDERS & SOULT
FAMILY DENTISTRY

Post-Surgical Instructions for Sinus Lifts

Questions?

(303) 337-2794

Your dentist: Dr. Soult

Bleeding



- After surgery, your saliva may turn pink or red temporarily. This is not unusual or a major concern.
- If bleeding occurs, it may be stopped by applying gauze, or a tea bag, with firm finger or biting pressure for 30 minutes on the gums.
- Excessive bleeding that cannot be stopped with pressure needs to be addressed in the dental office or emergency room.

Pain & Swelling



- To reduce pain, use your prescribed pain medications.
- Slight pain and swelling are not unusual and will peak three to four days after your surgery. In addition, you may experience bruising on your face or neck.
- For swelling, an ice pack may be used. Gently place the ice pack on the area for 15 minutes 3-5 times daily.
- Large facial swelling should be reported to Dr. Soutl or the emergency room.

Sutures



- Stitches may fall out on their own or become loose.
- Do not disturb or remove sutures, this may impair healing and lead to an unsuccessful outcome. They will be removed at your follow up appointment.

Sinus Precautions



- Do NOT blow your nose for 3 weeks.
- If you have to sneeze, keep your mouth open.

Smoking



- You should refrain from smoking for at least 6 weeks as smoking decreases successful outcomes.

Diet



- Begin with a soft diet - soup, ice cream, mashed potatoes, Ensure, yogurt, etc.
- For 2 weeks, avoid chewing foods in the surgical area, & food with small seeds/particles- berries or broccoli.
- Drink plenty of liquids to stay hydrated.
- Eat as normal of a diet as your comfort allows you.
- Do not eat hot food, as this will increase swelling.

Oral Hygiene



- Do NOT brush or floss in the surgical area until instructed to do so at your follow up appointment.
- Continue to brush and floss the teeth NOT involved in the surgical sites.
- 5 times per day, apply two pumps of the ProVantage gel to the tip of your tongue and gently spread gel along the surgical areas to help prevent infection.



- ✓ Do NOT take more than the recommended number of tablets or reduce the time between doses, it will NOT give more pain relief and is harmful to your body.
- ✓ Set and label timers on your phone for each medication.
- ✓ Getting quality, uninterrupted rest has many health benefits, including improved healing!