

# Ravi Doctor DDS



## Post Operative Instruction following a Sinus Lift

Here at Dr. Ravi Doctor's office, we care about our patients and we believe in making sure they have more than enough information to be able to take all the necessary precautions in order to make our procedures feel seamless. That is why we have come up with a list of post-operative instructions to help you take appropriate care of your surgical sites.

**Please read below and pay special attention to our advice and suggestions:**

1. **DO NOT** blow your nose.
2. If you must sneeze, do so with your mouth open to avoid any unnecessary pressure.
3. **DO NOT** smoke or use smokeless tobacco. Smoking greatly inhibits the healing, especially in the sinus graft.
4. **DO NOT** drink through a straw.
5. **DO NOT** lift or pull up on your lip to look at the stitches, as this may actually create damage and tear the stitches.
6. Take your antibiotics as directed and until finished.
7. You may have some bleeding from the nose. This is not uncommon and should pass quickly.
8. You may be aware of small granules in your mouth for the next few days. This is not unusual, as your graft is mainly made of particles and some excess particles will be lost.
9. If you feel congested, you may need to use antihistamines or decongestants. Use over the counter products such as Sudafed, Tavist-D or Dimetapp. I would also suggest that you avoid nasal sprays unless they are saline.

Please call the office with any questions or concerns you may have.

**\*Dr. Doctor can be reached on his cell phone after hours in case of an emergency: 817-233-6300**

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