



## POST-OPERATIVE INSTRUCTIONS SINUS GRAFT SURGERY

### **For Two Full Weeks Following Surgery:**

- DO NOT blow your nose.
- DO NOT sneeze (or, sneeze with your mouth open).
- DO NOT use a straw while drinking or make "sucking" mouth motions.
- DO NOT pull on your cheek where the surgery was done.
- DO NOT pull on or play with the stitches.
- DO NOT smoke (or as little as possible, up to 5 half-cigarettes per day)

**PAIN:** Follow the Dr.'s instructions regarding pain medicine:

- 1) **If no sedation was done for the appointment**, fill the pain medicine prescription immediately upon leaving the office, and begin to take the medication as directed as soon as you return home (within one hour).
- 2) **If sedation was done for the appointment**, the patient may take 3 tablets of 200mg ibuprofen with one tablet of Extra Strength Tylenol (all four tablets at the same time), every 4 hours as needed, during the first 8 hours after the sedation. **No narcotic pain medicine should be taken by the patient in the first 8 hours after the sedation appointment, unless directed by the Dr.**

To reduce the possibility of nausea from the pain medication, take it with soft food, especially protein. Do not drive after taking any narcotic pain medicine, and do not take it with sleeping pills or alcohol.

**SWELLING:** EXPECT some swelling (due to inflammation) and bruising, as well as to get a small amount of the bone grafting material in your nose. Clean it out gently, don't blow! To minimize swelling, apply an ice bag (or plastic bag of frozen green peas) on the outside of the cheek in the area(s) of the surgery--10 minutes on, 10 minutes off. Less swelling = less pain.

**IT IS VERY IMPORTANT TO CONTINUE** to take the prescribed antibiotics faithfully, as directed, ***until completely gone***—SERIOUS (even life-threatening) sinus infection could occur.

**SLEEP:** For the first one or two nights after the procedure, sleep in a recliner chair or with your head propped up with some pillows (with an old pillowcase). 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 = less pain.

**ORAL HYGIENE:** Brush your teeth and tongue. Do not rinse vigorously or use a Water-pik or an electric toothbrush around the surgical area for a few weeks after the procedure.

\*\*\*continued on the back\*\*\*

**Starting 24 Hours after Surgery:**

**Warm Salt-water Rinses:** Rinse your mouth (don't swish) with a warm, salt-water solution (1/2-teaspoon of salt in 8-ounces of warm water), 5-10 times throughout the day. Hold it each time in your mouth for several seconds, then gently spit it out.

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

**Touching the Surgical Site:** It is important that the surgical site remains untouched during the initial stages of healing. Avoid stretching your mouth to look at the site, and avoid playing on the surgical site with your tongue.

**Food:** Stay on a soft diet, and chew away from the surgery site. For the first 7 days, avoid hot-temperated foods or drinks. Consider a nutritional food supplement (Carnation Instant Breakfast drink, Ensure, Slim-Fast, etc.). Ensure makes a product, called Glucerna, for diabetics.

**Smoking:** Don't, for at least 6 weeks. The chemicals severely delay the healing process. If you must smoke, keep it to 5 cigarettes or less per day and only smoke half the cigarette. No cigars or pipes.

**Call us immediately at 504-347-6000 if you have:**

- Uncontrollable pain
- Excessive or severe bleeding
- Marked fever
- Excessive warm swelling occurring a few days after the procedure