



## **Lateral Window Sinus Augmentation Post-Op Instructions**

**General Guidelines:** Be gentle/kind to yourself after treatment. Avoid strenuous exercise for 2 weeks after surgery (weight lifting, running, etc). No flying for 2 weeks after surgery. Take all medications (pain medications, antibiotics, mouthrinse, and others) as prescribed. Smoking after surgery (especially within the first 24 hours) is not advisable and will compromise results; it can cause outright failure of treatment.

**Sinus Precautions:** it is **CRITICAL THAT YOU ADHERE TO THE FOLLOWING INSTRUCTIONS**. Failure to do so may result in delayed healing, post-operative infection, and failure of the graft.

1. Do not blow your nose for 2 weeks.
2. Sneeze with your mouth open for 2 weeks.
3. Purchase Afrin nasal spray, and use 2 sprays per nostril 2x/day for 3 days: start the day before treatment. Then for the next 7 days, use 12-hour Sudafed 2x/day.
4. If you were prescribed a steroid dose pack, start it the day before treatment as directed on the package.
5. Do not pull on your lip to look at the graft site.

**Stitches:** Stitches will be removed by the doctor or the assistants at your 2 week post-op appointment.

**Eating:** Do not drink through a straw or spit forcefully for 24 hours. For the first two weeks after surgery, avoid hard, sharp, crunchy foods, or foods with small seeds that could lodge in the surgical site (i.e. nuts, chips, popcorn, granola, strawberries, etc). We have provided you with a suggestion list of acceptable foods, but these are not the only foods you may eat.

**Swelling:** Mild to moderate swelling of the surgical site may occur and is normal. Gently apply an ice pack, covered in a light towel, to the cheek/lip on the side of your surgery 20 minutes on, 20 minutes off for 24 hours after surgery. In the evening after surgery, you may use moist heat on your cheek or lip. You may continue with moist heat in the days following if it feels good.

**Bleeding:** Nose bleeds after this procedure are not uncommon and are not cause for alarm. If you experience a nose bleed, wad up a tissue and place it in your nostril, apply pressure to the outside of the nostril and keep your head elevated. A small amount of seeping from the surgical site for the first 48 hours is normal. If the bleeding bothers you, you may use moist gauze applied with pressure to the area for 10 minutes to control the bleeding. If the site is still seeping, you may apply a moist black tea bag to the area with pressure for 5 minutes. If bleeding is excessive after performing these measures, please call the office.



**Oral Hygiene:** Keeping the area clean is ESSENTIAL TO SUCCESS/HEALING. Starting the day after surgery, swish with the prescribed rinse twice daily to keep the surgical site clean. **The rinse may cause staining of your teeth and tongue, this is temporary and is not cause for alarm.** You may brush the other areas of your mouth (including your tongue) as you normally would beginning the day after surgery to prevent staining of those areas. DO NOT WATERPIK THE SURGICAL SITE UNTIL YOU ARE INSTRUCTED TO DO SO BY THE DOCTOR.

## **SOFT/MUSHY FOOD SUGGESTIONS**

Anything put through a blender, EXCEPT fruits/vegetables with small seeds, is acceptable.

Other suggestions:

Eggs any style

Pasta

Soft cheeses

Fish

Ground turkey, ground beef

Mashed potatoes, yams or sweet potatoes

Mashed steamed vegetables

Avocados

Applesauce

Cream of wheat, Malt-o-Meal

Yogurt

Pudding

Ice cream

Creamy peanut butter

Broths or cream soups

You can also supplement your nutrition with vitamins, and Ensure (or another supplement drink of your choice).

***Please refer to these instructions first if you have any questions. If your questions are not answered by this sheet, please call us at 775-322-5122.***