



DARRYL A. FIELD, D.D.S., P.A.

Periodontics & Implant Dentistry

Post-operative Instructions for Sinus Augmentation

Please follow these instructions closely. Proper care and attention to these specific instructions will greatly improve the stability of your graft.

1. Very slow, light bleeding is normal for the first 24-48 hours. If active bleeding persists then, please call Dr. Field at 923-4112.

No Rinsing at all

No Spitting at all

No Smoking at all

No Drinking through a straw for at least 2 days

No carbonated drinks for at least 2 days

Do not brush the treatment area until the sutures have been removed.

Do not blow your nose

2. Apply an ice pack to your face in the general area of the surgical procedure for 30 minutes on and 10 minutes off, for at least 48 hours. This will minimize swelling and help reduce the risk of possible bruising. Swelling and bruising can result in delaying the healing process. If you do not have an ice pack at home, use a ziplock bag with 1/3 rubbing alcohol and 2/3 water. Place it in the freezer until slushy. This works great!

3. Take antibiotics prescribed to you immediately after the procedure. Take your pain medication as needed. Remember it is easier to prevent the pain, rather than stopping the pain once it has started. Please read all instructions on your medications for proper use.

4. Nutrition is very important to the healing process. Soft, nutritious food (Examples: ice cream, milk shakes (no straws), cottage cheese, yogurt, pudding, jello, pasta, scrambled eggs, soup, tuna fish, pancakes, oatmeal, etc) are fine. Avoid extremely cold and hot foods.

5. Go home and get plenty of rest. NO EXERCISE until Dr. Field approves it.

Elevate your head when sleeping

Avoid sneezing as best you can

Do not blow your nose, a nosebleed is not uncommon, use a tissue to wipe your nose if needed

Do not bend your head past your knees

6. Patients with small children should make arrangements for them the day of the surgery. Please call (904) 273-4373 or E-mail (jaxdentalhealth.com) for any further assistance.