



380 Family Dentistry

After Care Instructions for Sinus Grafts

The general postoperative instructions still apply, but several additional points should be emphasized after your sinus graft:

Nose: Do not blow your nose for one week- gently wipe if necessary.

Sneezing: If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.

Tobacco: Do not smoke or use smokeless tobacco. Smoking greatly inhibits healing, especially in the sinus graft.

Straws: Do not take liquids in through a straw; this can cause pressure on the sinus and graft.

Avoid stretching area: Do not lift or pull up on your lip to look at stitches; this may actually create damage and tear the stitches.

Antibiotics: Take your antibiotics as directed and until finished.

Other medications: If you feel congested you may need to use antihistamine. If you do, use over-the-counter medicine.

Follow up (1 week): You should have an appointment for a one week post op visit. This allows us to evaluate how you are healing so that we can determine when your next phase can begin.

Implants: Ideal time to have an implant placed is 3-6 months after a bone graft or sinus lift, dependent on medical history and healing.

If you have any other questions or concerns, please contact our office:

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