



OZARK
PROSTHODONTICS

SINUS LIFT RECOVERY INSTRUCTIONS

1. **Do NOT use your CPAP machine** until Dr. _____ releases you to use your CPAP again, this is typically 6 weeks. Should you have sleep apnea and typically use a CPAP, please talk with Dr. _____, about an alternative plan for your sleep apnea PRIOR to the surgery date.
 2. **Do NOT blow your nose.** You may feel the urge to blow your nose, for healthy healing purposes we need you to wait 7 days before you attempt to blow your nose.
 3. **Rest and AVOID strenuous activity for 1-2 days.** This includes bending over to pick up items (bend knees and keep body upright), lifting heavy items (anything over 10 lbs.), exercising (increases blood pressure and may causing bleeding at surgical site).
 4. **Do NOT smoke, vape or use smokeless tobacco.** For the first 7 days following your sinus surgery we ask that you not use any tobacco product.
 5. **Do NOT take in liquids through a straw.** For the first 7 days.
 6. **Do NOT lift or pull on lip to look at sutures (stitches).** For the first 7 days.
 7. **If you sneeze –** then do so with your mouth open to avoid any unnecessary pressure on the sinus area.
 8. **Take your medication as directed.** It is easier to maintain pain/comfort if you take your medication as directed. (Ex. Every 4-6 hours take a pain pill.) We Recommend the 3x3x3 rule... 3 ibuprofen 3 times a day for 3 days to help with any swelling.
 9. You may be aware of small granules (small grain like material) in your mouth for the next few days.
This is not unusual.
 10. **Notify the office if the following occur:**
 - a. **You feel granules in your nose.**
 - b. **Your medications do not relieve your discomfort.**
 11. **Use ice to reduce swelling.** We suggest you use an ice bag or chopped ice wrapped in a towel to the EXTERNAL surgical area. 1.5 hr. on sinus area, off for 1.5 hr. and repeat for up to 2 days.
 12. **Do NOT brush around the surgical site (suture area) for at least 10 days.** After day 2, you may gently rinse your mouth with warm saltwater.
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