



Raul S. Molina, D.M.D., M.S.
Board-Certified Periodontist

Post-op Care Instructions for Sinus Lift

- The initial healing period typically takes from one to two weeks and complete healing of the bone can take about six to nine months depending on each particular case.
- Some discomfort, bleeding and swelling should be expected in the next 24-48 hours as your mouth heals. Following these simple instructions will normally be all that is needed.
- **DO NOT UNDER ANY CIRCUMSTANCES. BLOW YOUR NOSE FOR THE NEXT FOUR (4) WEEKS.** This may be longer if indicated. You may sniff all you like but **NO BLOWING**.
- Do not blow your nose or sneeze holding your nose. Sneeze with your mouth open.
- Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided.
- Decongestants such as Drixoral, Dimetapp, or Sudafed will help reduce pressure in the sinuses.
- Anything that causes pressure in your nasal cavity must be avoided. Avoid “bearing down”—as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure.
- Do not disturb the wound. We recommend that you avoid stretching your mouth to look at the site, use caution when washing your face, avoid playing with your tongue on the surgical sites, and brushing directly over it. In doing so you may invite irritation, infection and/or bleeding.
- Do not use tobacco products 3-4 weeks after surgery. Smoke can interfere with the healing process, promote bleeding, and dramatically increase the risk of sinus augmentation failure.



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- Bleeding. When you leave the office, you will be given verbal instructions regarding the control of post operative bleeding. There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of your saliva for several hours; frank bleeding (bright red) is not to be expected. Saliva can be swallowed, even if slightly blood tinged. Simple pressure from a piece of gauze is usually all that is needed to control the bleeding. Should bleeding occur, place a moistened black tea bag (not herbal tea) over the area and hold it over the bleeding site with firm pressure for 15 minutes. If bleeding continues and you become concerned, please call for further instruction and/or assistance.
- Swelling. Most people get some swelling and, if they do, it usually happens about 48-72 hours after the surgery. To prevent it, apply an ice pack or a cold towel to the outside of your face in the area of the surgery during the first 12 to 24 hours. Apply alternately, 10-20 minutes on then 10-20 minutes off. If you follow these instructions you should have less swelling than you would have otherwise. If swelling appears between 24 to 72 hours after the procedure, be patient, warm moist heat will help diminish it and take your anti inflammatory medication (ibuprofen) as directed. Omega 3, Turmeric and the heart of the Pineapple are excellent aids for swelling reduction and speed up healing so introduce them in your diet In a delish smoothie!
- Discoloration. Some discoloration or bruising of the skin may occur. This is normal.
- Medications. Some discomfort is normal after surgery. Please follow the instruction on the bottle for any medications prescribed. If any adverse reaction to those medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please contact the office immediately and discontinue all medication immediately. Generally, we prescribe the following medications:

3990 San Jose Park Drive
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Ph 904.731.1324
After hours Ph 904.314.2507



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- Mild/Moderate Pain: Ibuprofen is an anti-inflammatory, non-narcotic pain killer. This medicine will help prevent swelling along with reducing pain. I recommend that one tablet is taken either prior to surgery or prior to the local anesthetic wearing off. Be sure to have some food in your stomach when taking this medicine – it can upset stomachs. This is your “baseline” pain medication.
- Moderate/Sever Pain: Acetaminophen with oxycodone is a narcotic pain reliever and can be taken in addition to the ibuprofen, if there is still discomfort. Since acetaminophen with oxycodone can cause drowsiness, it is best taken before bedtime, if needed. (if this was prescribed to you)
- Mouth Rinse: Rinsing with Stella life or Closys mouth rinse can be begun the night after surgery. First, brush and floss as directed below, and then use the mouth rinse. This medication will keep the surgical area clean while it heals. Rinse twice daily for 30 seconds and then DO NOT rinse (with water) or eat or one hour after using it.
- Antibiotics: Carefully follow the instructions and finish the antibiotics until they are completely gone, as long as here are no adverse reactions or discomfort (redness, itching, etc.)
- Brushing. For several days (3 to 4 days) after the surgery, it is important to keep the area as clean as possible to prevent infection and promote healing. Do not directly brush sinus lift site for the first three to four days after surgery to prevent opening the sutures. Instead you will use the prescribed mouth wash. After this time, you may carefully brush your teeth around this area and floss gently.



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•Diet. For the first 24-48 hours, you should maintain a diet of soft foods, such as Jell-O, pudding, yogurt, mashed potatoes, soups, etc. Food that crumbles such as potato chips, popcorn, crackers, cookies, etc. should be avoided, as well as seedy fruits like strawberries and blackberries. Hot spicy foods should also be avoided to prevent irritation and burns of the sinus lift site. When the numbness has worn off you may eat, yet be sure to chew on the opposite side for the first 24 hours in order to keep food away from the sinus lift site. Also, keep anything sharp from entering the wound (e.g., eating utensils, fingers and other objects, etc.). It is also important to drink plenty of fluids in between meals and with meals. Return to normal diet as tolerated.

•Activity. For the first 24 hours, your activity should be limited because increased activity can lead to increased bleeding. No bending over or heavy lifting for two to three days. Do not play any wind instruments or blow up balloons for a period of 10-14 days.

•Anesthesia Warning. When a local anesthetic is used your lip, tongue and cheek will be numb for several hours after the procedure. While it is numb, it will feel "funny." During this period you must be careful not to bite, chew, pinch and/or scratch this area, which can lead to serious soft tissue trauma.

•As with any procedure, unexpected post-operative healing can occur. Let us know immediately:

- If you notice unexpected flow of air or liquids between your mouth and nose,
- If you are aware of several small particles of graft material being discharged from your nose,
- If you experience sinus or nasal congestion on the side your surgery was performed,

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- If there is an increase in swelling in your mouth, cheek or under your eye after 3 days, let us know.

If you need to contact Dr. Raul S. Molina or your Surgery Coordinator Cindy Kaleel, please call

904.731.1324 or after 5:00PM at 904.314.2507