

# MAXILLOFACIAL AND ORAL SURGERY, P.A.

*University of Minnesota, Division of Oral and Maxillofacial Surgery*

SURGERY ▪ RESEARCH ▪ EDUCATION

David L. Basi, D.M.D., Ph.D.  
Pamela J. Hughes, D.D.S.  
James Q. Swift, D.D.S.  
*Diplomates, American Board of  
Oral and Maxillofacial Surgery*

It is our desire that your recovery be as smooth and pleasant as possible. These instructions are given to assist you following your surgery, but if you have any questions about your progress, please call us.

**Clinic (612) 624-4435**  
**Monday–Friday, 8 A.M. to 4 P.M.**  
**[www.mospa.net](http://www.mospa.net)**

**After-hours, weekends, emergencies**  
**(651) 229-5296**

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## *Our Mission*

as clinicians, educators, and researchers  
is to provide contemporary oral  
and maxillofacial surgical services  
with the highest consideration  
for quality care and patient comfort.

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## *Home-care information following* **Sinus Augmentation** **(Sinus lift)**



# Home-care information following Sinus Augmentation (Sinus lift)

1. **Do not spit, rinse** your mouth vigorously, or **drink through a straw** for 24 hours following the procedure.  
After 24 hours, begin *gentle* rinsing with the prescribed mouth rinse two to three times a day, especially after eating.
2. **Do not blow your nose** for one week following the procedure. Try to sneeze with your mouth open.
3. **Do not smoke** for at least one week following the procedure. Smokers do have an increased risk of failure of the graft even if the patient does not smoke after surgery.
4. **Diet:** Patients should eat soft foods, and drink plenty of fluids. On the day of surgery, hot foods and liquids should be avoided.
5. **Bleeding:** Typically the surgical area may bleed lightly for 12-24 hours following the procedure. If you experience bleeding, place gauze over the surgical site and bite to apply pressure to the wound. Make sure the gauze is directly over the surgical site and area of bleeding. Pressure should be kept on the area for 20-30 minutes. If the bleeding is extremely heavy, or will not resolve with pressure, please call for instructions. You may experience nose bleeds. If these are heavy or frequent, please call for instructions.

6. **Swelling:** You should expect some degree of swelling and/or bruising after the procedure. Some swelling can be quite severe. Swelling usually worsens during the first 36 hours following the procedure. To minimize swelling, place an ice pack to the face in the general area of surgery. Continually place on and off for ten to fifteen minutes. This is most effective during the first 24 hours after the procedure. Slightly elevate your head while sleeping or lying down.
7. **Pain:** Take analgesic medications as prescribed by your doctor. In general, begin taking pain medication before the local anesthesia (numbness) wears off. Taking pain medications on an empty stomach may cause nausea or vomiting. Please have something to eat or drink before taking pain medications.
8. **Other:**  
**Sutures:** Your doctor may have placed sutures; most commonly these will dissolve on their own. Occasionally, sutures must be removed at your postoperative appointment.  
**Antibiotics or other prescription medication:** Your doctor may have prescribed antibiotics or other medications. Please take them as directed by your doctor.