



## Post-Operative Instructions: Sinus Lift

The treatment is performed to increase the height of bone available for your implants. It is important that you follow these instructions carefully to expedite your healing and improve the long-term outcome of your dental implants.

Do not blow your nose for at least 7 days, as the pressure will delay or damage your sinus healing. If you have to sneeze, do not hold it back — sneeze out. Open your mouth and try to minimize the pressure in your nasal and sinus passages.

You may use nasal decongestants, such as over-the-counter Sudafed® tablets or Afrin® Nasal Spray, to keep your passages dry, especially if you have noticed continued drainage or feel the need to blow your nose.

Take the antibiotics prescribed by your doctor until they are finished, even if you feel fine. They protect the surgical site from infection. Also, 1 or 2 servings of yogurt or an acidophilus probiotic tablet are recommended daily to reduce gastrointestinal complications like diarrhea.

Do not drink through a straw. This creates suction, which may damage a healing blood clot. You may drink out of a cup or bowl or use a spoon.

Do not smoke because smoking reduces blood flow, contaminates the healing wound, and frequently leads to infections.