



WORTHINGTON PERIODONTAL SPECIALISTS

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Sinus Augmentation Instructions

PRE-SURGERY

- ◆ You should eat a good breakfast and/or lunch before surgery, unless you are scheduled for IV sedation.
- ◆ Each of your medications has been selected for a specific purpose. Please follow the directions on each bottle carefully.
 - ◆ Antibiotic- if applicable
 - ◆ Pain Reliever
 - ◆ Steroid
 - ◆ Mouth Rinse
- ◆ If you have been given a prescription for Halcion (a sedative), you must have someone drive you to and from the office. You are not allowed to drive for 24 hours. It is also important to eat a meal 2 hours before taking the Halcion.
- ◆ Stop taking aspirin and the following supplements at least 2 weeks before surgery unless otherwise directed: Nardil, Ticlid, CoQ10, Fish Oil, Garlic, Ginko, Ginseng, St John's Wart & Vit E. If you have been instructed by your physician to take aspirin, please consult him/her before discontinuing.
- ◆ Please wear loose-fitting clothing to assist with easy maneuvering when taking blood pressure.
- ◆ Please refrain from wearing makeup, perfume, or cologne.
- ◆ No alcohol consumption 2 days PRIOR to surgery

POST-SURGERY

MEDICATIONS

- ◆ Antibiotic: follow the directions on the bottle.
- ◆ Pain Reliever: follow the directions on the bottle.
- ◆ Steroid: follow the directions on the bottle.
- ◆ Mouth Rinse: follow the directions on the bottle.
- ◆ Nasal Saline Spray: Use 2-3 times a day, starting the day of surgery, for at least 1 week- found at your local pharmacy
- ◆ Use an ice pack (frozen bag of peas) over the surgical area(s) on your cheek for 20 minutes on and off for the first 12-24 hours.
- ◆ Rinse gently with warm salt water 4-6 times a day starting 6 hours after surgery (one level teaspoon salt in 8 ounces warm water) and continue daily until suture removal (RPAC) appointment.

FOOD

It is important to eat on the day of surgery. Proper nutrition is needed for proper healing. A soft diet should be maintained until the surgical dressing is removed.

- ◆ Go to Wendy's and get a Frosty. The coldness in your mouth will help to reduce swelling.
- ◆ Do not use a straw. The straw will create a suction, which may lead to bleeding.
- ◆ No alcohol for 8 days. Alcohol will keep the surgery site from healing well.
- ◆ Nothing hot or spicy to eat or drink for 4 to 5 days after surgery. Heat dilates blood vessels and could cause bleeding and/or swelling, besides injuring healing tissue.
- ◆ Nothing hard or challenging to chew.
- ◆ No acids such as fruit juices, tomato-based foods or sauces, colas, sodas, salad dressings (vinegar-based) for 3 days.

EXAMPLES: Bland Soups	Macaroni/Pasta
Cottage Cheese	Rice
Eggs	Jello/Pudding
Yogurt	Pancakes
Milkshakes(no straw)	Cooked Vegetables
Baked Fish	Tunafish
Mashed Potatoes	

ACTIVITY

- ◆ No physical activity for a minimum of 2 weeks; aerobics, weightlifting, running, or jogging.
- ◆ No swimming is permitted until release.
- ◆ We would prefer that you quit smoking completely before the procedure; if you continue to smoke, please refrain from smoking for 24 hours. If smoking, please smoke as little as possible or no more than 1 pack per day. Smoking will delay healing and will also create suction in your mouth. We prefer you do not smoke for as long as possible.
- ◆ Sneeze with your mouth open
- ◆ Avoid blowing your nose for 2 weeks
- ◆ Keep head elevated the first 24 hrs. – do not lie flat.

For after hour emergencies, call the office, 614-885-5525 and choose option "6"