



## Pre/Post Operative Instructions for Sinus Augmentations

The following information has been prepared to help answer any questions you may have regarding the procedure. *(Please read the instructions carefully)*

1. **Peridex:** Rinse with 15mL (1/2 oz.) for 30 seconds every 12 hours (twice a day), until the sutures have been removed. (Start 1 day before the procedure and continue until Dr. Nejat informs you to stop).
2. **Ibuprophen:** Take one (600mg) tablet every 6-8 hours until finished.
3. A twelve hour Antihistamine and Decongestant tablet must be used: (e.g., Drixoral Cold and Allergy Formula, Contact Continuous Action Decongestant/Antihistamine capsules). Take one tablet one hour prior to surgery and continue to take one tablet every 12 hours (total of two tablets per day) for 10 days.
4. **Antibiotics:** (Take medication as prescribed on the bottle)
5. There may be occasional bleeding for the first couple of days. This is not unusual and will correct itself. If there is considerable bleeding beyond this, take a piece of gauze or a moist tea bag and form a "U" shape. Hold it under gentle pressure for 10 minutes. Repeat if necessary. Do not remove it during this period to examine it. Under no conditions should rinsing be used to try to stop the bleeding! If the bleeding does not stop, call Dr. Nejat at 917-287-1179 for proper instructions. In addition, you may note bloodstains on your pillow for the first few mornings after surgery. Do not be alarmed as this is a result of rubbing your tongue over the wound while sleeping and the blood mixing with saliva. Nose bleeding may occur after the procedure. To stop bleeding apply pressure with gauze to your nostril.

*To avoid bleeding, do not blow your nose for the first week.*

6. **Swelling** is to be expected. To help keep the swelling down place ice on the outside of the face (5 min. on & 5 min. off) for 24-48 hours after the procedure. In addition, keep your head elevated above your heart. An extra pillow should be used during the first two nights after the procedure to reduce swelling. After 2 days, place a warm compress on the outside of the face (5min. on & 5min. off), until the swelling decreases.
7. If there are teeth present in other areas of your mouth clean them with your toothbrush as you usually do; however, avoid contact with the surgical wound.
8. If you have removable denture appliances they may not be worn until Dr. Nejat has checked or adjusted your appliance. Insertion of dentures too early may jeopardize the healing process.
9. You should be on a regular diet. However, avoid seeded and hard foods until after the sutures have been removed. Consumption of alcoholic beverages & smoking is not allowed for two weeks as it will jeopardize the success of the surgery.

If you experience problems with the surgical area please call Dr. Nejat at 917-287-1179