

AFTER CARE INSTRUCTIONS

Sinus Lift



Please follow these important instructions. They will make you more comfortable and help to prevent possible complications following your treatment.

Discomfort

Discomfort may sometimes be experienced after treatment, once the anaesthetic has worn off. It is easily managed by taking Ibuprofen (Nurofen) or Paracetamol (Panadol). You have also been given a prescription for stronger pain relief should you need it. Pain killers should be taken as necessary and according to manufacturers instructions.

We recommend you commence taking pain relief *prior* to the numbness wearing off, that way the pain killers should be in effect by the time the anaesthetic subsides.

Swelling

Post-operative swelling may occur, and should not cause concern. However, to minimize any swelling you can apply cold packs to your face over the surgical area for the first 3 to 4 hours after surgery. Apply the packs 10 minutes on and 5 minutes off. If possible, use an extra pillow during the first two nights to elevate your head. This helps keep the blood from pooling in the surgical site.

Bleeding

As can be expected following any surgery, plan your day or evening so you are able to get a little more rest than usual. Avoid physical activities for the first 24 hours. To minimize the chances of bleeding, don't touch the surgical site during the first 24 hours. You have been provided with a pack of spare gauze, if you notice fresh blood, roll up a piece of gauze and apply pressure to the area for approximately 10 minutes.

What to Avoid

Avoid drinking through a straw for the next 24-48 hours. We also recommend you avoid blowing your nose vigorously for the next 4 weeks. If you feel congested, a decongestant should relieve you of any symptoms. If you sneeze, do not hold it in, and sneeze with your mouth open.

Oral Hygiene

Gentle rinsing with Savacol should commence the day following treatment and be continued morning and night after brushing until you have attended your post operative appointment. Further instructions will be given to you at this time. Continue with your normal oral hygiene routine around the the rest of your mouth. Light brushing in the implant area should commence 1-2 days following treatment.

Smoking

Smoking interferes with healing and you will receive better results from your treatment if smoking is avoided entirely. However, if this is not an option for you, try to avoid smoking for at least the first 24 hours following your treatment.

**If you have any further questions or concerns please contact us on
07 4054 4488**