



## Post-Operative Instructions for: Sinus augmentation surgery

- 1. General information:** The site where the sinus augmentation has been carried out will be sutured so that there is minimal space left for much bleeding to occur. However, a clot will still need to develop under the gum and trouble-free healing is dependent on this initially fragile clot remaining undisturbed as much as possible. Most sinus graft sites heal with minimal trouble. Please keep turbulence in your mouth to a minimum for 24 hours after the sinus lift. For at least 8 hours after the surgery do not rinse, eat, gargle or touch the wound with your fingers or tongue. **Do NOT do anything that will rapidly raise or lower pressure in your sinuses such as:** stifle sneezes, fly, suck through a straw, go swimming or diving, play a wind instrument, blow up balloons or any other such activity for at least 10 days after the surgery. You may brush your other teeth normally that evening keeping away from the sutured wounds around the surgery site, but be aware that some bleeding may follow.
- 2. Painkillers:** You will benefit from taking an anti-inflammatory painkiller regularly as prescribed below. (If you are unable to take non-steroidal anti-inflammatory drugs for medical reasons (e.g. stomach or oesophageal ulcer or asthma), please take 1g of Paracetamol every 6 hours). You should not need to take this medication for more than 4-5 days. **Please inform me if pain increases after 4 days as it may indicate that an infection has occurred and requires attention.**
- 3.** The effect of the **local anaesthetic** will normally wear off after 2-6 hours depending on the site anaesthetised and the amount used. Occasionally it may persist for longer. *Take great care not to bite or otherwise traumatise the numb site during this time. Do not attempt to drink hot fluids for at least 8 hours.* The application of heat on the day of extraction will both encourage further bleeding and swelling and can locally scald the site without you being aware of it.
- 4. Bleeding:** We will check that any bleeding has stopped before you leave the surgery. Be aware that movement, exertion, eating or drinking may re-start bleeding. (A small volume of blood will be present as natural washout from the area with your saliva flow). You will be provided with sterile gauze when you leave the surgery. Please roll this into a tight bundle to use as a compress, moisten under a tap, wring out any excess water then place over the surgery site and bite down firmly for at least 10 minutes by the clock. Ensure that the gauze is applying pressure to the site and is not merely trapped between your other teeth. If there is further bleeding, repeat with a new pack. (If a temporary bridge exists over your sinus graft site, apply firm pressure from the outside of the gum by pinching the gum between forefinger and thumb for 10 minutes). It is also common to have occasional nosebleeds for 2-3 days after the procedure. Again, this is normal and will be self-limiting. Sit with your head between your knees whilst pinching the mid-portion of your nose until the bleeding stops. Take care not to exhale against a pinched nose and thus raise pressure in the sinus. **If you feel that the wound is bleeding beyond your control or persisting into the night, please call your surgeon on their mobile.**
- 5. Swelling:** There may be considerable swelling depending on how much the soft tissues have needed to be manipulated during the procedure. Moderate swelling and skin bruising are normal and usually reach a peak at the end of day 3-4. Occasionally, severe facial swelling may occur. Bruising extending under the eye or down the neck towards the chest may also occur especially in the elderly. There is no need for any concern and this will clear slowly. **Please inform your surgeon immediately if swelling extends down the neck, causes breathing difficulties, causes the eye(s) to close or is associated with a high temperature over 37.5 degrees Celsius.** Swelling can be minimised by keeping the head elevated during the night on an extra pillow or two. Please inform your surgeon on the surgery number during surgery hours or on the mobile number below outside surgery hours if the swelling is particularly painful, or has not started to subside by the end of the 5th day following surgery.



6. **Aftercare:** I recommend that you do not plan any strenuous activity or swimming for at least 14 days after the sinus augmentation. The following day (or at least 8 hours after bleeding has stopped), start to carry out gentle hot salt-water mouth rinses every 3-4 hours. An antiseptic mouthwash such as Corsodyl or Curasept will also be of help in limiting any infection. Antibiotics as indicated below will normally be required after grafting surgery until the graft is incorporated into the body and you should take these to completion as prescribed. I would recommend daily supplements of "friendly bacteria" by having a pot of bio-yoghurt or a proprietary probiotic drink to replenish gut bacteria.
7. **Please inform your surgeon immediately if you have any kind of skin rash or swelling, persistent abdominal pain, vomiting, or bloody stools with any of these antibiotics on the surgery number during surgery hours or on their mobile number outside surgery hours.**
8. Please also remember that a course of antibiotics will reduce the efficacy of the **contraceptive pill**. Please use an additional form of contraception during and for 3 days after the course of antibiotics.
9. If **sutures** have been placed, they will usually need to be removed after 14 days even if they are dissolvable. An appointment will be arranged for you before you leave the surgery. If sutures are left in for too long, then they themselves may become a focus for future infection.

Painkillers and dosage	Frequency	Duration	Notes	Given
Voltaren Retard (Diclofenac) 100mg anti-inflammatory	12 hourly	4 days		
Nurofen (Ibuprofen 400mg – anti-inflammatory	6 hourly	6 days		
Paracetamol 500mg x 2	6 hourly	6 days	Take with Voltaren or Nurofen.	
<b>Antibiotics</b>				
Amoxicillin 500mg	8 hourly	7 days		
Metronidazole 400mg	8 hourly	7 days	<b>NO ALCOHOL</b>	
Dalacin C (Clindamycin) 150mg	6 hourly	7 days		
Azithromycin 500mg	24 hourly	3 days	With food	
<b>Other</b>				
Corsodyl or Curasept chlorhexidine antiseptic mouthwash.	12 hourly	1 week	Last thing at night and after breakfast	
Hot salty water gentle mouthwashes	3 hourly	1 week	Keep turbulence to minimum	

**MOBILE NUMBER: I would be grateful if this number is reserved for emergencies only.**

**07747 798 083**

**LCIAD 2020: This information sheet contains general information and must be read in conjunction with your personalised treatment plan, which gives specific advice**

**A digital copy of this document is also available on the website [www.lciad.co.uk](http://www.lciad.co.uk)**

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