



What is a sinus lift and what do I need to be aware of?

A sinus lift is a common procedure to increase the volume of the bone available in the upper jaw molar region for placement of dental implants. (Please see X-ray images below).

It involves making a thumbnail sized window under the gum just underneath the base of your cheekbone, gently lifting the lining membrane of the sinus and placing a proprietary bone scaffold under the membrane. This is normally bovine derived pure mineral particles which will gradually be filled by your own bone over months and will remain in place over many years as part of your bone.

The lining of the sinus is very thin and may occasionally tear during the procedure. A small tear is easily managed. If the tear is large the procedure may need to be abandoned since it is important that the graft mineral remains contained under the lining and does not escape into the airspace of the sinus. This happens in about one in 30 cases. It is possible to repeat the procedure after about 12 weeks by which time the lining and tissues will have healed back to normal. A gentle approach means that this occurrence in my practice is less than a quarter of that reported in the literature.

Postoperatively any discomfort is comparable to having implants or an extraction. Care needs to be taken to ensure that pressure changes between the nose and sinuses are kept to a minimum. This means that we recommend you do not fly, swim, blow your nose, stifle sneezes or play a wind instrument for at least 2 weeks following the procedure and occasionally longer. There may occasionally be some bleeding from the nose for the first 2-3 days or so after surgery. This is normally minor and self-limiting.

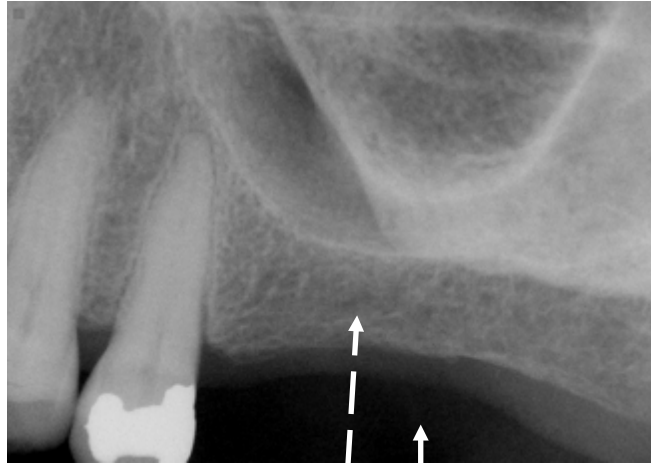
Due to the nature of the surgery, it is common to have some facial bruising after the procedure. This is highly variable but can be quite colourful and occasionally even extend down the neck or under the eye. This is purely due to the arrangement of your facial tissues rather than any particular trauma, indeed the procedure is, by its nature, very delicate.

The success rate of sinus augmentation is very high and is recommended for patients lacking teeth and bone in the upper molar region as a basis for placement of dental implants.

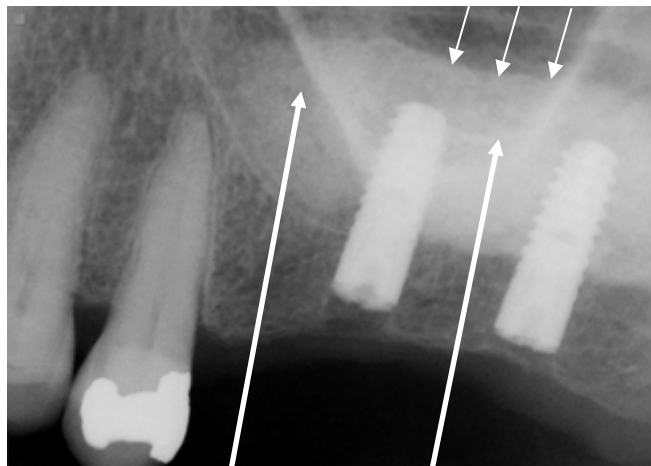
For any further information please do not hesitate to contact the practice and will be happy to go over any other points you may wish to raise.



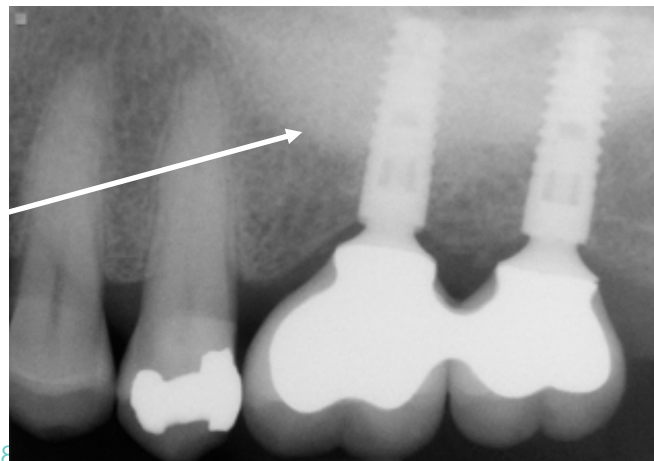
Site before graft.
Note remaining bone
thickness



Site immediately
after graft & implant
placement. Note upper
border of graft
under raised membrane
inside sinus



Site with consolidated
graft and implants with
crowns in function
8 months later.
Note merging of graft
and natural bone





Missing upper molars
pre-operatively



Implant supported
ceramo-metal crowns



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

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