



POST-OPERATIVE SINUS LIFT INSTRUCTIONS

1. Slight bleeding from the nose may occur for several days
2. Take the prescriptions/medications as directed
3. Eat soft foods for several days and chew on the opposite side
4. DO NOT brush your teeth in the surgical area for 24 hours. After 24 hours, you may gently brush with a soft toothbrush
5. Refrain from blowing your nose for 10 days
6. If you feel a sneeze coming on, open your mouth to avoid pressure in the sinus
7. Smoking of any kind should be avoided. This doubles the likelihood of complications and greatly increases the risk of graft and implant failures
8. DO NOT use a straw until advised
9. DO NOT play a wind instrument until advised
10. DO NOT go swimming or engage in heavy exertion until advised

