

## **Immediate Post-Operative Care After Sinus Lift Surgery**

For the Patients of Dr. Robert Alvarenga

- Keep your head elevated above your heart for the next 24 hours. Use an extra pillow when lying down.
- Avoid strenuous (aerobic) activity for at least 5-7 days.
- Keep ice pack wrapped in paper towel or wash cloth on the face for 20 minutes on and 20 minutes off as much as possible for the first 24 hours.
- Take pain medication as soon as possible and continue antibiotic if it was prescribed for you.
- If you experience any nasal congestion use a nasal spray.
- Sneeze with your mouth open.
- Liquid diet for today. Tomorrow soft foods and continue them for 7-10 days. Soft foods include well cooked pasta, yogurt, soft cereal, eggs, soft bread etc.
- Avoid alcohol for today and smoking for 10 days.
- Do not brush/floss or rinse today. Tomorrow start brushing/flossing everywhere in your mouth except the surgical site. Do not brush that area for 10 days.
- Rinse with Peridex starting tomorrow twice a day.
- You may experience some nose bleeding. This is usually not a sign of trouble. Deal with it as you would any nose bleed.
- All of your sutures are dissolving and will come out on their own. We may remove some sutures at your post-operative visit.

Please call if you have any persistent pain, swelling, any questions or concerns.

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