

POST-OPERATIVE INSTRUCTIONS

After a Sinus Lift

Letting the graft settle & protecting the sinus

A sinus lift adds bone beneath the sinus membrane to support a future implant. The key to healing is keeping pressure away from your sinuses so the graft can stabilize. A little blood-tinged fluid from the nose or mouth in the first days is normal.

✓ Do

- ✓ Sneeze with your mouth open to release pressure away from the sinus.
- ✓ Sleep and rest with your head elevated on extra pillows.
- ✓ Apply an ice pack to the cheek, 15 on / 15 off, for the first 24-48 hours.
- ✓ Eat soft, cool foods and chew on the opposite side.
- ✓ Take any prescribed antibiotics, decongestants, and pain medication as directed.
- ✓ Rinse gently with warm salt water after 24 hours — don't swish forcefully.

✗ Avoid (1-2 weeks)

- ✗ Do not blow your nose — this is the most important rule.
- ✗ No straws, smoking, or forceful spitting (any suction or pressure).
- ✗ Don't hold a sneeze in — never pinch your nose closed.
- ✗ Avoid heavy lifting, bending over, and strenuous exercise.
- ✗ No air travel or scuba diving until cleared by your doctor.

📞 Call us if...

You have heavy or persistent nosebleeds · pain or swelling keeps increasing after day 3 · you develop a fever or signs of a sinus infection · you feel graft material moving into your nose or mouth · congestion that won't ease.