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## POST-OPERATIVE INSTRUCTIONS SINUS GRAFT

**\*\* EAT BEFORE taking any of the medication prescribed for pain.**

**Failure to eat may result in nausea/vomiting \*\***

**\*\*No operation of machinery, cars, or making of important decisions while using pain medication \*\***

### **A. DAY OF SURGERY:**

- 1) Hold gauze pressure pack in place for 45 minutes following surgery, then remove pack & replace as necessary (if bleeding continues). It is normal for the surgical site(s) to ooze blood into the next day.
- 2) Slight post-operative bleeding is expected. If bleeding is excessive, place a gauze pressure pack or a large moistened tea bag on the surgical site and bite down firmly for an hour. **If bleeding does not subside, then let us know.**
- 3) Slight bleeding from the nostril on the operated side is common.
- 4) Bruising of the cheek and under the jaw on the operated side are common.
- 5) NO smoking, NO use of straws, NO nose blowing, NO scuba or skin diving. Do not pinch nose and blow as if trying to clear ears. If you must sneeze, do so with your mouth open. If you must fly do so only in commercially pressurized cabins.
- 6) **Apply ice packs to area for 12 hours to help control swelling.** Cycling of ice pack use: 20 minutes on/20 minutes off.
- 7) Activity level should be kept to a minimum for at least two days after surgery, thereafter activity level should be dictated by comfort.
- 8) Do not eat foods which are too hot or require chewing **while numb**. Your diet should be a nutritious concentration of soft foods. Once numbness resolves, any nutrition source which is comfortable is fine.
- 9) Keep well hydrated by drinking ample volumes of fluids.
- 10) When lying down, keep your head elevated by using two pillows.

### **B. DAYS TWO(2) THROUGH TEN(10):**

- 1) Swelling continues to increase through day three (3); each subsequent day should show improvement over the preceding day.
- 2) Brush teeth as comfort allows. Do not traumatize the surgical site(s).
- 3) Rinse mouth gently with one teaspoon of salt in a full glass of warm water after each meal and at bedtime.
- 4) **It is very important to keep your post-operative appointment!**

NOTE: Any elevation of temperature over **101.5°F** or unusual symptoms such as excessive bleeding should be reported to our office.