

Office Phone: (714)730-6767



SalCal
oral and maxillofacial surgery

POST OP INSTRUCTIONS FOR SINUS AUGMENTATION

Please read these instructions carefully

Sometimes the after-effects of oral surgery are quite minimal. If you have any questions regarding your surgery, please do not hesitate to call the number above. A 24-hour answering service is available to contact the doctor-on-call after hours. Calling during regular office hours will afford a faster response to your questions or concerns.

DAY ONE THRU FIVE: DO NOT RINSE YOUR MOUTH

First Hour: Pain meds should be taken as soon as possible. When you get home, take the gauze out and eat anything cold and soft (see note below) then take your pain meds. After eating, place new gauze over the surgical site(s) and apply pressure over the surgical site(s) for another 20 minutes. Be sure to eat before taking pain medication (nausea can occur if taken on an empty stomach).

Gauze should be changed every 20-30 minutes to help stop the bleeding. Make sure you are biting down to keep the pressure on the wound. There is extra gauze in your bag. You can also use a tea bag - just moisten with warm water, squeeze the water out, and place just like the gauze, changing every 20-30 minutes. Heavy bleeding should stop the day of surgery but can ooze into the next day. (This is normal)

Swelling: Use the gel pack to minimize any swelling on the outside of your face for 1 to 2 days. Place 20 minutes on, 20 minutes off, throughout the day and evening. **On day three:** You may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towels, microwave the provided gel pack, heating pad) for 20 minutes on and 20 minutes off to help soothe tender areas. This will also help decrease swelling and stiffness.

Diet: Your diet will consist of soft, cold, or room temperature foods for 1-2 days. For example: pudding, yogurt, mac and cheese, mashed potatoes, scrambled eggs, ice cream etc. (anything you can cut with the side of a fork). Avoid anything hot or spicy. No hot tea, coffee or soup as these can irritate the tissues. It is best to avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the surgical site. Chew on the opposite side as much as possible. Drink plenty of fluids. **DO NOT USE A STRAW FOR TEN DAYS AFTER SURGERY**

Persistent Bleeding: This usually means that the gauze is being clenched between teeth only and you are not exerting pressure on the surgical area. Try repositioning the gauze, changing every 20-30 minutes. You may have a little discomfort when the gauze is on the correct area, this is normal. If bleeding remains uncontrolled, please call our office.

Sutures: If sutures were placed, they should dissolve on their own within 7-10 days. You would have been instructed if the doctor used a different kind of suture. If a titanium membrane was placed, we will need to assess it in 4 weeks.

Brushing and Rinses: Do not disturb the surgical area today. Do not rinse vigorously or probe the area with any objects. You can brush your teeth today but avoid the surgical site. **After day five** you may use warm salt water to rinse if your wound is in the oral cavity. Use ¼ teaspoon of salt mixed with 8 oz. of warm water and gently swish as needed.

Important Information: Refrain from blowing your nose for two weeks. Try not to sneeze or cause nasal pressure. Do not use a straw or smoke.

Activities: *If you had general anesthesia, once you get home, you should be assisted when walking. You should be mindful for several hours, please also be careful and stand slowly.*

We advise no activities for 1-2 days after your surgery. ***Absolutely** no driving of a vehicle for the first 24hrs if you had a general anesthesia. No strenuous exercise for 5 days. No swimming in a swimming pool or hot tub for 2 weeks.

If you have any questions regarding your surgery, please contact our office at **714-730-6767**, otherwise we will be contacting you later in the day to make sure you are doing well.