

Sinus Elevation Surgery: Postoperative Care Instructions

Prescription Medication: Take all prescription medication as instructed. Do not take any medications if you have a past adverse reaction or allergy.

1. **Antibiotic-** (i.e. amoxicillin, augmenting, azithromycin, Clindamycin) Start on day prior to surgery. Take until gone.
2. **Medrol Dosepack-** Take as instructed on package and do not stop until the medication is gone.
3. **Peridex or Perioguard/Chlorhexidine-** Beginning tomorrow, gently rinse with ½ ounce for 30 seconds in the morning and at bedtime after brushing. Continue for 2 weeks. You may substitute warm salt water.

Over the counter medication: Take the following as instructed. Do not take any medications if you have a past adverse reaction or allergy.

4. **Ibuprofen 200mg-** take 3 tablets one hour prior to surgery and 3 tablets one hour after surgery. Then take 3 tablets three times per day for the first 3 days. After day 3, take as needed (maximum 12 per day.)
5. **Tylenol ES-** For the first 3 days, take one tablet 3 times per day. After day 3, take as needed maximum 4 per day.
6. **Afrin or Vicks Nasal Spray-** For first 3 days, Use 2 times per day.
7. **Sudafed-** For first week, take around the clock as instructed on package

Precautions: it is imperative to avoid unnecessary pressure in your sinus.

1. **Do not blow your nose.**
2. **Do not smoke** or use smokeless tobacco.
3. Do not drink through a straw.
4. Do not spit excessively or hard.
5. Do not pull your lip up to look at your stitches or the wound.
6. **If you must sneeze, do so with your mouth open.**
7. It is not unusual to feel small granules of graft in your mouth. But, do not deliberately try to suck or pull more out.
8. Call Dr. Hogan if you have a fever or note a foul odor or taste.

Ice pack: For first 48 hours, apply ice to face when feasible every hour for 15 minutes. This may help reduce discomfort and swelling although some swelling may be normal.

Chewing: Chew on the opposite side of your mouth and avoid very hot or spicy foods.

Blood/Bleeding: Some oozing may be normal and you may normally taste some blood in your saliva. To reduce bleeding, rest with your head elevated on 2 pillows on the day of surgery. Sleep with head elevated. Put pressure on surgical site by biting on gauze or tea bags for 30 minutes. (Remove them from the wound only when wet or else the site may bleed from the gauze sticking to the wound upon removal.) Rampant/uncontrolled bleeding is not normal and you should call Dr. Hogan if this occurs.

Tooth brushing: Avoid brushing in the area of the sutures. Do gently clean sutures with a wet Q-tip dipped in chlorhexidine.

Activity/exercise: Avoid strenuous activity for 1 week. Walking is okay.

Although rare, life threatening emergencies can occur after surgery. Severe bleeding, rampant swelling, and elevated temperature/fever should be addressed right away. Dr. Hogan is usually available but should you not get an immediate response then it may be necessary to seek emergency medical attention.

In case of emergency, call **Dr. Hogan at 757-971-8164.**