

Highland Dental

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Post Op Instructions for Sinus Elevation

Do not blow your nose for 2 weeks following surgery.

If you sneeze make sure you do with your mouth opened to avoid any unnecessary pressure on the sinus area.

Do not smoke or use smokeless tobacco.

If an antibiotic or any other prescriptions are prescribed during treatment, you should take the medication exactly as directed on the prescription to completion.

Swelling and bruising is normal, apply an ice pack at 20 minute intervals to reduce swelling. Swelling is a part of the healing process.

In some cases a suture will be placed, we need to follow up in 2 weeks for removal, it is normal if your suture may fall out or desolve. Do not lift or pull on lip to look at sutures.

A nutritious diet and plenty of water throughout your healing stage is important as well as plenty of rest.

Please contact the office or website if you have any questions or concerns immediately.

You can refer to our website for post-op instructions at www.highlanddentalaz.com