

Periodontal Associates

OF MEMPHIS

Periodontal, Laser and Dental Implant Therapy

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POST SINUS LIFT/ SINUS PERFORATION INSTRUCTIONS

**Please read the general Pre & Post Appointment Instructions.
These are additional notes following a dental implant treatment.**

Following a sinus lift, ridge expansion procedure, or any ridge augmentation with a sinus lift, if we are close to your sinus and / or if a sinus perforation occurs during extraction or treatment, it is critical to follow the below protocol to keep your bone graft and sinus healthy.

- (1) Refrain from blowing your nose **hard** until your follow-up visit (usually 2-3 weeks). If you have to sneeze, do not stifle it.
- (2) Take an Antihistamine/ Decongestant. If you already take one, please use it until your follow-up visit. You can buy an inexpensive, over-the-counter Antihistamine/ Decongestant like Waldryl at Walgreens. Take the antihistamine as directed.
- (3) If you are unable to breathe through your nose, use Afrin nose spray to open the sinuses. Use Afrin every 12 hrs (twice daily) until 3 days after your sinus feels clear. Use a saline nose spray after each Afrin application to rinse the sinuses and every 6 hrs (four times daily for 1 week after discontinuing the Afrin).

(Last updated March 28, 2011)

Read, Sign, and Send all consent forms at least 3 to 5 days before surgery.



Active Member

American Academy of Periodontology
Specialist in Periodontics

