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POST SINUS LIFT/SINUS PERFORATION INSTRUCTIONS

Please read the General Pre & Post Appointment Instructions.

These are additional notes following a Sinus Lift, Osteotome Lift or Sinus Perforation.

Following a sinus lift, ridge expansion, procedure, or any ridge augmentation (bone graft)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-D at Walgreens. Take the antihistamine as directed.
3. Flonase Nose Spray should be used for 2 months to keep your sinus open and prevent inflammation. This can be started the day after treatment.
4. 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).
5. If bleeding from the sinus occurs and doesn't stop, use Afrin nose spray to stop bleeding.

(Last Updated 8/29/2019)

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

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