



Newport Beach
Oral Surgery & Implants
Dr. Nader K. Salib D.D.S.
Board Certified Oral & Maxillofacial Surgeon
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Instructions for Patients After Sinus (Grafting) Lift Surgery

As discussed with Dr. Salib and indicated on the consent form, there are occasions where there may be a communication between the oral cavity & maxillary sinus. If you are either at high risk or if this has occurred, we ask you to follow the instructions as below to allow for optimal healing and avoid a permanent opening which may require additional surgery to close.

- Avoid nose blowing for 14 days and use a nasal decongestant if prescribed.
- NO heavy rinsing, NO spitting, for 21 days.
- NO lifting or bending over for 14 days.
- Avoid hard, sharp foods for 14 days.

Implants

If upper implants were placed near to your sinus or if sinus surgery was performed, traces of blood may be found from your nose for several days. If heavy nose bleeds develop or bleeding persists, please call our office immediately. If a temporary tooth was placed over your implant, do **NOT** bite on this tooth or chew on this tooth until your implant has fully healed. Failure to comply will result in the failure of the implant to heal.

Medications

Take all medications as prescribed. If antibiotics are prescribed to you, be sure to take the medication as directed until it is ALL gone. If you are taking birth control & were prescribed antibiotics, please inform Dr. Salib or our staff as it may interfere with its effectiveness. Use a nasal decongestant if prescribed. If you have any unusual reactions to the medications, please call our office.

Activity

Avoid any activity that will increase sinus pressure such as sneezing, strenuous exercise, lifting or bending over. If you must sneeze, sneeze with your mouth open. This will avoid pressure within the sinus.

Sutures

If sutures were placed, they will dissolve and fall out on their own within 5-10 days after surgery. Do not pull your lip back to look at the sutures as this can cause damage.

Oral Hygiene

Brush your teeth very gently, taking care to avoid the surgical areas until you are healed. You may gently rinse with a non-alcohol containing mouth rinse or warm salt water.

Avoid smoking for at least 21 days but as long as possible after surgery. Smoking will impact the healing process.

If unusual problems develop, please contact our office immediately during business hours at **(949) 204-0775**, or Dr. Salib's after-hours emergency contact is **(949) 280-3130**.