



**JOHN B. FONTANA, III, DMD, MS**  
PERIODONTICS AND DENTAL IMPLANTS

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**POST-OPERATIVE INSTRUCTIONS FOLLOWING SINUS AUGMENTATION**

1. Do not rinse vigorously, spit forcefully, or drink through a straw for one (1) day so the blood clot will not be disturbed. For the same reason, consume only cool to cold liquids for this time.
2. For the first day, rest as much as possible with your head elevated. No vigorous exercising for one (1) day.
3. Slight bleeding is normal for up to 24 hours following surgery. If persistent bleeding occurs, place a wet teabag on the involved area and apply light, direct pressure for 15-20 continuous minutes. Repeat as necessary.
4. Do not pull back the lips or cheeks to look at the area as this can disturb the surgical site and increase complications.
5. Anything that may cause pressure in the nasal cavity must be avoided. Do not blow your nose and try not to sneeze for the next 4 weeks. If you must sneeze, do so with your mouth open. Avoid scuba diving, flying in aircraft, playing wind instruments or other activity that may change pressure in the sinus.
6. Over the counter decongestants such as Sudafed or Dimetapp are recommended to avoid congestion.
7. Do not eat by the surgical area for one (1) week. Soft, nutritious foods will be necessary for the first few days. Avoid acidic and crunchy foods. Drink plenty of fluids.  
*Suggested foods:* Broth, soups, soft bread, eggs, vegetable juice, mashed potatoes, ground meat, soft cheese, ice cream, milkshakes, Jell-O, bananas, pudding, and oatmeal
8. Do not use tobacco products or drink alcohol as these will delay healing.
9. Swelling can be lessened by placing a cold compress on the face alternating on and off every 20 minutes during the first 72 hours.
10. Take all medications the Doctor has prescribed for you according to directions.
11. Starting 24 hours after surgery, you may *gently* rinse your mouth with ¼ teaspoon salt in 8 ounces of warm water three (3) times a day to reduce inflammation.
12. After treatment, proper oral hygiene must be maintained to aid in healing. For the first week, avoid brushing and flossing near the surgical area. Instead, use the prescribed rinse as directed after brushing all other areas in the mouth.
13. Return for your appointment to have any sutures removed. If the sutures loosen or come out within three (3) days, please inform the office.
14. If you have any questions, please call our office at (302) 734-1950. **IN CASE OF EMERGENCY AFTER HOURS, PLEASE CALL (302)598-6861.**