

Post-Operative Instructions for: Sinus Augmentation

1. General information: The site where the sinus augmentation has been carried out will be sutured so that there is minimal space left for bleeding to occur. However, a clot will still need to develop under the gum and trouble-free healing is dependant on this initially fragile clot remaining undisturbed as much as possible. Most sinus graft sites heal with minimal trouble. Please keep turbulence in your mouth to a minimum for 24 hours after the sinus lift. For at least 8 hours after the surgery do not rinse, eat, gargle or touch the wound with your fingers or tongue. **Do NOT do anything that will rapidly raise or lower pressure in your sinuses such as:** stifle sneezes, fly, suck through a straw, go swimming or diving, play a wind instrument, blow up balloons or any other such activity for at least 10 days after the surgery. You may brush your teeth normally that evening keeping away from the sutured wounds around the surgery site, but be aware that some bleeding may follow.

2. Painkillers: You will benefit from taking an anti-inflammatory painkiller (such as Nurofen 400mg 6 hourly or Voltoral Retard 100mg 12-18 hourly) for the first 48 hours. If you are unable to take such non-steroidal anti-inflammatory drugs for medical reasons (e.g. Paracetamol every 6 hours for 48 hours. This can be supplemented with dihydrocodeine 20mg if required (the combination of paracetamol and dihydrocodeine is available as Co-dydramol over the counter). Paracetamol or Co-dydramol can be used in addition to the anti-inflammatory painkillers if necessary for up to three days. You should not need to take this medication for more than 4-5 days. Please inform me if pain increases after 4 days as it may indicate that an infection has occurred and requires attention.

3. The effect of the **local anaesthetic** will normally wear off after 2-4 hours depending on the site anaesthetised and the amount used. Occasionally it may persist for longer. Take great care not to bite or otherwise traumatise the numb site during this time. Do not attempt to drink hot fluids for at least 8 hours. The application of heat on the day of sinus lift will both encourage further bleeding and swelling and can locally scald the site without your being aware of it.

4. Bleeding: We will check that any bleeding has stopped before you leave the surgery. Be aware that movement, exertion, eating or drinking may re-start bleeding. (A small volume of blood will be present in your saliva as natural washout from the surgical site). You will be provided with sterile gauze when you leave the surgery. Please roll this into a tight bundle to use as a compress, moisten under a tap, wring without any excess water then place over the surgery site and press or bite down on the gauze firmly for at least 10 minutes by the clock. Ensure that the gauze is applying pressure to the wound and is not merely trapped between your teeth. If there is further bleeding, repeat with a new pack. (If a temporary bridge exists over your graft apply pressure from the sides by pinching the gum between the fore finger and thumb for 10 minutes). It is also common to have occasional nose bleeds for 3 days after the procedure. Again, this is normal and will be self-limiting. Sit with your head between your knees whilst pinching the mid-portion of your nose until the bleeding stops. Take care not to exhale against a pinched nose and thus raise pressure in the sinus. **If you feel that there is persistent bleeding beyond your control, or persisting into the night, please call the surgery immediately.**

5. Swelling: There may be considerable swelling depending on how much the soft tissues have needed to be manipulated during the procedure. Moderate swelling and skin bruising are normal relatively common and usually reach a peak at the end of day 3. Occasionally severe facial swelling may occur. Bruising extending under the eye or down the neck towards the chest may also occur especially elderly. There is no need for any concern and this will clear slowly. **Please inform me immediately if swelling extends down the neck, causes breathing difficulties, causes the eyes(s) to close or is associated with a high temperature over 37.5 degrees Celsius.** Swelling can be minimised by keeping the head elevated during the night on an extra pillow or two. Please inform me on the surgery number during surgery hours or on the above mobile number outside surgery hours if the swelling is particularly painful, or has not started to subside by the end of the 5th day following surgery.

6. Aftercare: I recommend that you do not plan any strenuous activity or swimming for at least 10 days after the sinus augmentation. From the morning of the following day (or at least 8 hours after the last period of bleeding), start to carry out gentle hot salt-water mouth rinses every 3-4 hours. An antiseptic mouthwash such as corsodyl will also be of help in limiting any infection and should be used at least twice a day in the morning and last thing at night. Antibiotics will normally be required after grafting surgery until the graft is incorporated into the body. Antibiotics will nearly always be prescribed for you to take after a bone augmentation procedure would normally be one or two of the following:

- Amoxicillin 500mg three times a day (every 8hours) for 7 days.
- Clindamycin 150mg four times a day (every 6hours) for 7 days if you are allergic to penicillin.
- Metronidazole 400mg three times a (every 8hours) for 7 days.

7. It is important that you take and complete the antibiotic course(s) as prescribed. I would recommend daily supplements of "friendly bacteria" by having a pot of bio-yoghurt or one of the proprietary pro-biotic drinks available on the market.

8. Please inform me immediately if you have any kind of skin rash or swelling, persistent abdominal pain, vomiting, or bloody stools with any of these antibiotics on the surgery number during surgery hours or on the above mobile number outside surgery hours.

9. Please also remember that a course of antibiotics will reduce the efficacy of the **contraceptive pill**. Please use an additional form of contraception during and for 3 days after the course of antibiotics.

10. Do not drink alcohol during your course of antibiotics.

11. Sutures will usually need to be removed after 10-14 days. An appointment will be arranged for you before you leave the surgery. If sutures are left in for too long then they themselves may become a focus for infection.