

# Bone Grafting and Sinus Lift

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These instructions apply when grafting material has been placed into the extraction sites to help preserve your jawbone, in preparation for possible implant replacement of the extracted tooth.

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth.

## **There are some things you could do to minimize the amount of particles that become dislodged:**

- Do not touch or disturb the wound.
- Avoid rinsing or spitting on the day of surgery to allow blood clot and graft material stabilization. Rinsing and spitting can disturb the blood clot, open the wound, and prolong bleeding and slow healing.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is moveable during the initial healing phase.
- Do not lift or pull up on the lip to look at the sutures. This can cause damage to the wound site and tear the sutures.
- Do not smoke.
- You should not have a significant amount of blood in your mouth. Saliva can be swallowed, even if slightly blood tinged.
- Do not brush the teeth in the area of surgery for 48 hours. When brushing, be very gentle. When expectorating, also be gentle.

The following day, gentle rinsing would be allowed, but not too vigorously as you can again

disturb some of the bone graft granules. If a partial denture or a flipper was placed in your mouth, you may have to see your restorative dentist to have it adjusted and learn how to remove and replace it appropriately.

## **After Sinus Lift**

You have had a Sinus Lift Augmentation procedure in your upper jaw. This procedure restores lost bone height in the area of your first and second molar and occasionally second premolar. It is an important procedure as it allows implant placement in an area that could not be implanted otherwise, due to insufficient bone height.

## **DO NOT under any circumstances blow your nose for the next four (4) weeks.**

- This may be longer if indicated. Dab your nose only. **NO BLOWING.**
- Do not blow your nose or sneeze holding your nose. Sneeze with your mouth open. Do not drink with straws and do not spit.
- SCUBA diving and flying in a pressurized aircraft may also increase sinus pressure and should be avoided.
- Decongestants such as Drixoral, Dimetapp, or Sudafed will help reduce the pressure in the sinuses, but again **NO** deep sniffing.
- Anything that causes pressure in your nasal cavity must be avoided. Avoid “bearing down” -- as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure.

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## Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection. Please finish the prescription.

## Antibacterial Mouth Rinse

Keeping your mouth clean after surgery is essential to reduce the risk of infection. We may give you an antibacterial rinse (Chlorhexidine, Perio Plus, Peridex) for certain procedures. You can start this the day following your procedure. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth for one hour after using the medicated rinse. Do not rinse more than twice a day. Using this rinse more than two times a day will cause staining of your teeth and tongue. Make sure to brush your tongue to minimize this staining and for good hygiene.

**If we did not give you an antibacterial rinse,** you can use warm salt water the day following your procedure, in the morning after eating and before brushing your teeth. Gently rinse with one mouthful of warm salt water, for one minute, for the next five days.

## Smoking

Do not smoke for at least two weeks after surgery, if at all. As discussed in your consultation, smoking dramatically increases the risk of bone graft and sinus augmentation failure. Your surgeon can prescribe a Nicoderm patch if you feel you need it.

## Wearing Your Denture or Nightguard

Partial dentures, flippers, or full dentures should not be used immediately after surgery until your post-operative appointment unless specifically instructed otherwise. Please contact the office if you have any questions. If you have questions about the fit of your flipper, partial, or complete denture, do not wear it until your general dentist or our office can see you.

## Post-operative Problems or Complications

As with any procedure, unexpected post-operative healing can occur. Let us know immediately if:

- If you notice the unexpected flow of air or liquids between your mouth and nose.
- If you are aware of several small particles of graft material being discharged from your nose.
- If you experience sinus or nasal congestion on the side your surgery was performed.
- If there is an increase in swelling in your mouth, cheek, or undereye after three days.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress please call the office.

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