

**PRE & POST-OPERATIVE INSTRUCTIONS FOR MAXILLARY SINUS LIFT SURGERY**

**Prescriptions:**

Take the following prescriptions as prescribed:

1. A) Amoxicillin 500mg - Take two tablets one hour prior to surgery, then one tablet four times daily until gone.  
 B) Zithromax 250mg (Z-Pak) For patients allergic to Amoxicillin - Take two tablets day before surgery, then 1 tablet per day until gone. Take one hour before meals or two hours after meals.
2. Medrol Dose Pack - Take as directed on package.
3. Peridex or Periogard - Beginning tomorrow, gently rinse with 1/2 ounce for 30 seconds in the morning and at bedtime after brushing and flossing.

**Over the Counter Medications:**

4. Ibuprofen 200 mg (Motrin, Advil) - Take 4 tablets one hour prior to surgery, 4 tablets after surgery, then 4 tablets three times a day for 3 days.
5. Sudafed or Co-Advil 30mg - Take one tablet three times per day for three days, starting the day of surgery.
6. Afrin or Vicks Nasal Spray - Use, if needed, for no longer than three days.

**Precautions:**

- Do not blow your nose!
- Do not smoke or use smokeless tobacco (for at least one day after surgery; two weeks is preferred)!
- Do not use a straw to drink liquids!
- Do not pull up your lip to look at stitches!
- If you must sneeze, do so with your mouth open (avoids unnecessary pressure on the sinus).
- It is not unusual to feel small granules of graft material in your mouth.

**Ice Pack:**

Apply an ice pack to your face over the area operated on, using it for 15 minutes and then leave it off for 15 minutes. This regimen can be used during the first 24 hours. It may help to reduce swelling or pain, although slight swelling, discomfort and discoloration are normal.

**Chewing:**

Chew on the opposite side of your mouth. You should avoid hard foods that require heavy pressure for chewing. To avoid an upset stomach, you should keep some food in your stomach at all times, such as one of these suggested below:

Milk	Bread	Cereal	Eggs	Broth
Soups	Bananas	Custard/pudding	Mashed potatoes	Jello
Juice	Ground meat	Ice Cream/Shakes	Soft cheese	Diet concentrates

**Bleeding Control:**

You should recline during the first 3-4 hours, keeping your head elevated to reduce possible bleeding. There may be a small amount of blood in the saliva for a few hours after the surgery; this is normal. If bleeding continues use the additional gauze from the packet given to you. Fold gauze into a pad, dampen the pad, and then place it directly over the spot that is bleeding and apply pressure by biting firmly for 1 hour. This may need to be repeated. A tea bag dipped in ice cold water may also be used in place of the gauze for persistent bleeding. If bleeding continues, call us.

**Toothbrushing:**

Do not use your toothbrush or dental floss in the area that was operated on for one week.

**Activity and exercise:**

Since you have had a surgical procedure, you should go home and limit your activities for the remainder of the day. Casual walking is OK. Avoid aerobic and strenuous exercise for 48 hours.