

## Postoperative instructions for sinus lift procedure

- ❑ Take your medications as directed (antibiotics, analgesics, anti-inflammatory medications)
- ❑ Avoid smoking.
- ❑ Do not blow your nose for 2 weeks (this could create positive pressure which could spread air through confluent soft tissue planes, creating a soft tissue emphysema)
- ❑ Avoid sucking liquid through a straw (because this creates negative intrasinus pressure)
- ❑ Try not to sneeze or cough, otherwise it must be done with mouth open to decrease internal sinus pressures.
- ❑ Some nasal bleeding (oozing of blood through the nose) may occur during the first day
- ❑ Swelling, pain, and bruising are expected
- ❑ Rest
- ❑ Place ice or frozen peas in ZipLock bag on the outside of the face for 24 hours after surgery. Apply ice 15 minutes on and 15 minutes off while awake, no need when you sleep.
- ❑ Keep the head elevated. (First night the head should be elevated on two or more pillows. This will prevent airway obstruction, or aspiration of blood and heavy saliva, and will diminish edema)
- ❑ Liquid diet for 2 days (Carnation Instant Breakfast, Meritene and Ensure are recommended) then soft foods (the consistency of mashed potatoes or scrambled eggs) may be consumed following the second day and for 10 days (until incision has closed completely).
- ❑ Do not wear any prosthesis for 10 days.
- ❑ Do not lift or pull on lip to look at sutures.
- ❑ You should be seen for postoperative check-up within one week.
- ❑ Call notify us if:
  1. You feel granules in your nose.
  2. Your medications do not relieve discomfort.
  3. You have questions.

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