

**Instructions Following Direct Sinus Lift**  
**Daleyoms.com**

**Please refrain from blowing your nose for up to four (4) weeks following your surgery. Do not hold your nose when sneezing. Please take all medications as prescribed, included decongestants as necessary. Avoid flying in pressured aircraft, scuba diving, bearing down 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 for at least four weeks after surgery.**

**It is important to keep your mouth clean after surgery to reduce the risk of infection and promote rapid healing. Start salt water rinses (one-half teaspoon of salt dissolved in an 8 ounce glass of water) the evening of surgery or the day following your procedure after each meal or four to five times daily.**

**Brush your teeth gently with a soft manual toothbrush on the evening of your surgery or the first post-operative day and continue at least twice a day.**

**Drink plenty of liquids. Eat soft foods for the first several days after surgery. Advance to a regular diet as you become more comfortable. Please avoid chewing or creating pressure on the bone graft site. Please avoid drinking alcoholic beverages or smoking during the first one to two weeks following your surgery.**

**All removable appliances including partial dentures, flippers and full dentures must be checked for proper fit before they can be worn.**

**If there were any sutures placed, please check with the office for a follow up appointment to make sure they are removed within 1 week after surgery because they can cause a subsequent infection. If resorbable sutures were placed then they will dissolve in 7 – 10 days and a follow up appointment is not necessary. Of course by all means do not hesitate to call the office to make a follow up appointment for any questions about healing or if unsure about the type of sutures placed.**

**Swelling and bruising may occur.** The use of ice packs following your surgery will help diminish the swelling you may experience in the first 48-72 hours following surgery. **Applying ice for 15-20 minutes followed by resting the same amount of time works very well.**

**If you experience severe or persistent sinus or nasal congestion please let us know.**

**During office hours, immediate attention will be given to your situation, and you will be seen as soon as possible. After office hours, please give the office call and follow the instructions provided. Your call will be returned as soon as possible. If you are experiencing a serious or life threatening emergency, please call 911 or visit the nearest emergency room.**

**Springfield** 1050 Baltimore Pike, Springfield, PA 19064 **610-544-5251**

**Drexel Hill** 2300 Garrett Rd, Drexel Hill, PA 19026 **610-623-4211**

**Newtown Square** 3501 West Chester Pike, Ste 100, Newtown Square, PA 19073 **610-353-1404**