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Sinus Augmentation Post-Op Directions

Sinus Pressure and Activity

- **DO NOT UNDER ANY CIRCUMSTANCES BLOW YOUR NOSE FOR THE NEXT SEVERAL WEEKS.**
It is permitted to wipe your nose. This may be longer if directed by Dr. Ratliff.
- Do not sneeze holding your nose, sneeze with your mouth open.
- SCUBA diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided. Anything that causes pressure in your nasal cavity must be avoided. Avoid lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure.
- Do not use any nasal sprays or irrigations.
- Do not wear any dental appliances until approved by Dr. Ratliff. (Mouth Guards, Retainers, Partial Dentures, etc.)

Do Not Disturb the Wound

- Avoid stretching your mouth to look at the site.
- Avoid playing with the surgical site with your tongue.
- Do not brush the surgical area.
- Use light pressure when washing your face.

Smoking

- Do not use tobacco/vaping products. Nicotine interferes with the healing process and dramatically increases the risk of sinus augmentation failure.

Bleeding

- When blood mixes with saliva it seems like a more substantial amount of bleeding. Do not be alarmed if you notice an area of blood on your pillow in the morning. This is very common and will diminish over time.
- If heavier bleeding occurs apply heavy pressure with damp gauze (in post-op bag) for 10 minutes. If bleeding does not stop continue to apply the same firm pressure substituting a moistened tea bag for the gauze.
- If you are at all concerned with the bleeding call Dr. Ratliff.

Swelling

- Swelling is normal and typically occurs 48-72 hours after the surgery and can last up to 7-10 days. To prevent this, use an ice pack or a cold towel on the outside of your face in the area of the procedure for the first 12-24 hours. Apply alternately for 20 minutes on and then 20 minutes off. If you follow these instructions, you should have less swelling than then you would have otherwise.
- If swelling appears between 24-72 hours after the procedure, be patient. Warm moist heat will help diminish it and take your anti-inflammatory medication (ibuprofen) as directed.

Discoloration

- Some discoloration or bruising of the skin may occur and this is normal.

➤ Should you need to speak with Dr. Ratliff after hours, please call (773) 420-9880.