



LUMA DENTAL

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## POST OPERATIVE INSTRUCTIONS FOR SINUS SURGERY:

### SURGICAL SITE CARE

- It is very important that the surgical graft area is kept **IMMOBILE** for at least two weeks post-surgery, as the graft material may otherwise displace. For this reason, do not "check", touch or look at the surgical site, and do not pull on your lip.
- **DO NOT SMOKE** for 7 days after surgery as this will promote bleeding, infection and interfere with healing.
- **DO NOT BLOW YOUR NOSE** as this could disrupt the graft.
- If you must sneeze, do so with your mouth **OPEN** to avoid any unnecessary pressure on the sinus area.

### ORAL HYGIENE

- **DO NOT RINSE VIGOROUSLY** for one week after surgery as it may interfere with blood clot formation, which is vital to the healing process. After 24 hours, begin light rinses with warm salt water and prescribed rinse only.
- For 5 days after surgery brush your teeth gently, but avoid the area of surgery
- You may be aware of small granules in your mouth for a few days following surgery. This is not unusual.

### DIET

- It is important to drink a large volume of fluids. **Soft foods** such as soups, pudding, yogurt, mashed potatoes or scrambled eggs may be the most comfortable for one to two weeks post-surgery.

### SWELLING

- Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and can last 4-6 days.
- Apply ice packs on your cheek outside of the surgical area for the first 48 hours (**20 minutes on, 10 minutes off**), as it helps to control swelling.



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### DISCOMFORT

- Some discomfort is normal after surgery but it can be controlled by medication prescribed by the dentist.
- Follow the prescription as advised by your dentist and the directions written on the container.
- Do not drive or operate any kind of machinery while under the influence of painkillers.

### REST

- Avoid strenuous activity for 24 hours after sinus elevation surgery.

### BLEEDING

- Some blood may ooze from the area of surgery, which is normal. You may also find a bloodstain on your pillow in the morning.
- **DO NOT SPIT** forcefully or suck through a straw, as this promotes bleeding.

### BRUISING

- You may experience some mild bruising in the area of your surgery. This response is normal for some people and should not cause you any alarm. It will disappear in a week or two.

### STIFFNESS

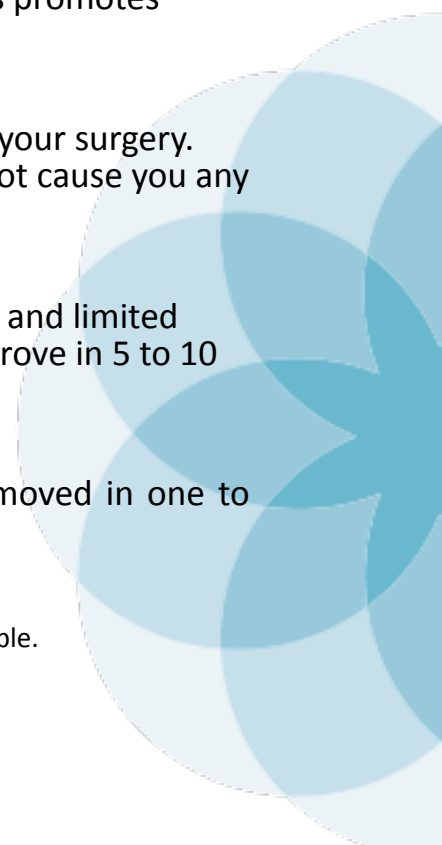
- After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and should improve in 5 to 10 days.

### STITCHES

- If stitches have been placed, you will need them removed in one to two weeks.

### PROBLEMS

- If you have any problems or questions, please call us as soon as possible.





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