



WHITewater
ORAL SURGERY GROUP

GENERAL POST-OPERATIVE INSTRUCTIONS: SINUS GRAFT

Pain and Control

Ordinarily, the use of non-steroidal anti-inflammatory medication (Motrin[®], Advil[®], Aleve[®], or ibuprofen) will adequately relieve pain when taken in doses of 2-3 tablets every 6 hours. Children should follow instructions for Children's Motrin[®]. If you have been given a prescription, have it filled and take as directed on the package.

Swelling Control

Apply an ice pack to the jaw IMMEDIATELY upon your return home: 20 minutes on and 5 minutes off. Do this for 24-48 hours.

Diet

A liquid-to-soft food diet (scrambled eggs, pancakes, milkshakes, oatmeal, etc.) is recommended for the first 2 days. Increase your fluid intake. Liquid nutritional supplements may be very helpful in maintaining your diet. Resume your normal diet as soon as possible.

Bleeding Control

Remove the gauze pack upon arriving home. Slight bleeding is expected and desirable. If bleeding is excessive, place a roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 30 minutes with CONSTANT PRESSURE.

Nausea

Take anti-nausea medication if prescribed to you. A small amount of carbonated drink (ginger ale) every hour for 5-6 hours will help alleviate nausea. Follow this with mild tea or clear soup, etc. If nausea continues, contact this office.

Oral Hygiene

- Smokers are advised not to smoke for 1 week post-op.
- Warm salt water rinses can be started the following day (1 tsp of salt in a glass of warm water after each meal and at bedtime).
- Teeth should be brushed, but be sure to avoid the site of surgery for the first 2 days.
- If given an irrigating syringe, use it to irrigate the area starting 3 days after surgery.