

Post Operative Care Instructions for Sinus Related Procedures:

A problem with upper teeth extractions occurs when the roots of the upper teeth extend into the sinus cavity, or are adhered to the thin layer of bone that separates the sinus cavity and oral cavity. Sometimes this layer of bone can be perforated, resulting in a communication between the maxillary sinus and oral cavity. This problem can be detected at the time of the tooth extraction and repaired as it occurs. Sinus related extractions usually do not cause many problems for patients, but special precautions should be taken to ensure that proper healing occurs.

The same set of precautions are important to follow after sinus surgery and sinus lift bone graft procedures

Swelling

Swelling after extractions is not uncommon and should not cause alarm. Typically peaking in the first 48 to 72 hours. To help prevent swelling, apply an ice pack to the outside of your face in the extraction area for the first 12 to 24 hours. Apply, alternating 20 minutes on then 20 minutes off. Keep head elevated with head above the heart when resting.

Bleeding

Minor bleeding or blood-tinged saliva may occur for the first 24 to 48 hours. Keep pressure on the surgery site by biting on the gauze for 1-2 hours following surgery. Gauze needs to be removed before eating, drinking or when taking medication. If bleeding is still persistent after third hour, you may moisten a tea bag and place them on the site for 30 minutes. Do not smoke, drink through a straw, spit, or suck on candy for the first 72 hours following surgery. This creates suction in the mouth that can dislodge the blood clot, which may lead to dry socket. Dry socket is a painful condition that typically develops on the third post-operative day. Should you develop increasing levels of pain beginning on third day after surgery, please call the office as soon as possible. Placement of a medicated pack in the surgery socket may be necessary to relieve the discomfort.

Nosebleed

Nosebleeds may occur if you have had a tooth extracted that was in close proximity to the sinus, or after a sinus surgery. Usually active bleeding will cease 30 minutes to an hour following surgery. If it does not, or starts up again after it has stopped, do the following:

- Keep your head elevated as much as possible
- Apply ice to the affected side of the face
- Avoid forceful blowing of the nose as much as possible
- Please call us if you have persistent nose bleed that will not stop

Pain

Medication has been prescribed according to your anticipated level of discomfort. Please take as directed. Do not drive, operate machinery or drink alcohol while taking narcotic pain medication. You may also take an over the counter decongestant (Pseudoephedrine) 10 days following surgery.

Cleaning/Rinsing

A clean mouth heals faster. Warm salt-water rinses can begin 24 hours after surgery. Do not brush directly on extraction site for the first 3 to 4 days after surgery, but otherwise brush regularly. Regular oral hygiene should be continued in all other areas.

Diet

Soft food or liquid diet is recommended for the first 24 to 48 hours. During this time please avoid straws, alcohol, carbonated beverages and hot food/drink while still numb. Patients can generally return to a normal diet within 2 to 3 days.

Physical Activity

Heavy exercise and/or physical activity should be avoided for the first 3 days following surgery. All full contact sports should be avoided for a minimum of 4 weeks following wisdom teeth extraction.

Contact

Please be assured that our interest in your well being does not end after surgery. If you have any questions or problems, please call us at (817) 431-9566 during business hours Monday, Tuesday and Thursday 8:00am-5:00pm, Wednesday and Friday 8:00am-3:00pm.