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## After Care Instructions for Sinus Grafts

The general postoperative instructions still apply, but several additional points should be emphasized after your sinus graft:

**Nose:** Do not blow your nose for one week- gently wipe if necessary.

**Sneezing:** If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.

**Tobacco:** Do not smoke or use smokeless tobacco. Smoking greatly inhibits healing, especially in the sinus graft.

**Straws:** Do not take liquids in through a straw; this can cause pressure on the sinus and graft.

**Avoid stretching area:** Do not lift or pull up on your lip to look at stitches; this may actually create damage and tear the stitches.

**Antibiotics:** Take your antibiotics as directed and until finished.

**Other medications:** If you feel congested you may need to use antihistamine. If you do, use over-the-counter medicine.

**Follow up (1-2 week):** You should have an appointment for a 1 to 2 week post op visit. This allows us to evaluate how you are healing so that we can determine when your next phase can begin.

**Implants:** Ideal time to have an implant placed is 3-6 months after a bone graft or sinus lift, dependent on medical history and healing.

If you have any other questions or concerns, please contact our office:  
Office Number: (210)-810-3690