

Sinus Augmentation After-Care Instructions

Your doctor has given you these instructions because of the treatment performed to increase the height of bone available for your implant(s). It is imperative that you follow the instructions listed below carefully, to maximize your healing and improve the long-term outcome of your dental implant(s).

1. Do **NOT** blow your nose for at least 7 days, as the pressure will delay or damage your sinus healing.
2. If you have to sneeze, do **NOT** hold it back - sneeze out. Open your mouth and try to minimize the pressure in your nasal/sinus passages.
3. You may use **nasal decongestants**, such as over-the-counter Sudafed tablets or Afrin nasal spray, to keep your passages dry, especially if you have noticed continued drainage or feel the need to blow your nose.
4. Take the **antibiotics** prescribed by your doctor until they are finished, even if you feel fine. They protect the surgical site from infection. Also, 1 or 2 servings of yogurt or an acidophilus pro-biotic tablet are recommended daily to reduce gastrointestinal complications (like diarrhea).
5. **Do not drink through a straw.** This creates suction, which may damage a healing clot. You may drink out of a cup, bowl or use a spoon.
6. **Do not smoke** because smoking reduces the blood flow, contaminates the healing wound, and frequently leads to infections.

As always, please call us for any questions or concerns at the number below.