

## Post Operative Instructions for Sinus Elevation Surgery

Please read the following instructions carefully. The after-effects of oral surgery are quite variable. At a minimum, you must control bleeding, provide for good nutrition, maintain adequate pain control and provide proper oral hygiene/wound care. Follow these instructions for a minimum of 14 days. In order to maintain sinus pressure equilibrium, please adhere to the instructions below:

1. Do NOT blow your nose! If you are uncomfortably congested, you may use an over the counter nasal decongestant such as Afrin spray, Sudafed, Actifed, Dimetapp, etc.
2. If you need to sneeze, sneeze with your mouth open. Do not try to hold your sneeze in.
3. Nose bleeds in the days immediately following surgery are not uncommon. If it is excessive or problematic, please call our office. Keep head elevated and do not bend over to minimize the nose bleeding.
4. Place towel over pillow and sleep with head elevated on a couple of pillows. Do not bend over too much.
5. No Smoking!
6. Keep an ice pack on the surgical area(s) at 20 minutes on and 20 minutes off intervals for the first day. It is okay to not use ice during naps.
7. Take all medications exactly as prescribed. Please call our office if you have any questions.
8. Avoid sucking through a straw, vigorous swishing or spitting.
9. Avoid any exercise for the next 3 days. Avoid cardio (running, jogging, power-walking) for at least 7 days.
10. Please remain on a softer diet until your next post-operative appointment.  
Suggestions for soft diet:
  - A. Soup
  - B. Pudding
  - C. Yogurt (regular or frozen)
  - D. Applesauce
  - E. Smoothies, Milkshakes, Ensure or protein shakes (but NOT through a straw).
  - F. Sliced fresh fruit (into very small bites) or canned fruit
  - G. Pancakes, Scrambled eggs
  - H. Oatmeal
  - I. Steamed soft vegetables + ground beef, ground turkey, flaky fish, etc.

Please avoid grits, rice, quinoa, or cous cous. The small particles could get into the surgical site.

11. Please avoid flying in pressurized aircraft for 7 days after surgery to maintain sinus pressure equilibrium.

**It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have additional questions, do not hesitate to call Dr. Cohen or Dr. Weitzner. Heavy bleeding or difficulty breathing are emergencies and require immediate attention.**

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**Dr. Weitzner's Cell Phone: 404-219-1378**

**Metro Atlanta Emergency: 911**