

Periodontal Implant Center

Sinus Grafting – Additional Information

Pre-Surgery: Be sure to let us know if you develop a sinus infection or cold prior to your surgery, which may necessitate rescheduling your appointment.

Medications: **Antibiotic**: Begin taking the antibiotic the day prior to surgery. It will be very important to take your antibiotic as instructed and not miss any doses.

Decongestant: You will need to buy an over-the-counter nasal decongestant: Either Mucinex or another medication that contains 30mg of Sudafed (pseudoephedrine). Starting immediately after treatment, take the nasal decongestant as directed by the packaging for three days and then as needed thereafter for sinus congestion. It will be important to keep your sinuses open and draining to assist with healing.

Anti-Inflammatory: Either a steroid (Medrol) or Motrin will be prescribed as an anti-inflammatory, which you should start taking the day prior to surgery. If using the Medrol steroid pack, it is important to not take any other additional anti-inflammatory such as ibuprofen, Aleve, Advil, or Motrin.

Post-Surgery: You **must** follow the guidelines below during the first week of healing:

1. Do not blow your nose.
2. Do not smoke.
3. Do not use a straw.
4. Do not pull on your lip or cheek to inspect the area.
5. Do not sneeze with a closed mouth (sneezing with a closed mouth can cause unwanted pressure in your sinuses).
6. Take all medications as directed.

Other important information:

1. Bleeding from your nose can be common up to three days post-treatment – especially if you bend over.
2. Small "sand-like" granules may be present in your mouth for a few days post-treatment.
3. Bruising beneath your eyes, around the corners of your mouth and even on your neck can be common.
4. Swelling should peak on day three. Increasing swelling after the third day post-treatment should be reported immediately.

*Please call if you have any questions or concerns, or if your pain medicines are not keeping you comfortable.