

Sinus Lift Post-Operative Instructions

Emergency Number: 509-542-9111

The sinus lift procedure is a commonly-performed procedure. It is rare to have any complications from this procedure, but from time to time a complication may occur. Carefully following the instructions below will help to minimize any chance of complication.

1. Begin taking over the counter Claritin the day before your appointment and two days after surgery. DO NOT BLOW your nose or hold in a SNEEZE for 14 days.
2. DO NOT fly, scuba dive or participate in any activity that changes atmospheric pressure significantly for 10 days minimum.
3. DO NOT participate in any physical activity more than mild on a scale from mild to strenuous for 14 days. Walking or biking at a normal pace is fine.
4. DO NOT participate in activities that produce significant perspiration or increased heart rate for 14 days.
5. DO NOT put your head below your waist. Bend down at the knees to pick things up off the floor.
6. DO take all medication as prescribed. Pain medication should be taken for the first 36 hours regardless of pain level then as needed for pain. Antibiotics and steroids (Medrol Dos Pak) prescribed must be taken for the entire length of the prescription.
7. DO ice the area alternating every 20 minutes.
8. DO report increased swelling, increased discomfort or warmth to the area after 48 hours.

It is common to have blood from the nose for a few days after the procedure. There should be no thick mucous drainage or small white particles coming from the nose or traveling down the throat at any time. Call if this is the case.

An emergency call should be made in the circumstances of obvious infection, bleeding that is not controlled, increased swelling or increased pain over at least a 4 day period. If the call is not returned within 20 minutes (due to cell service) please attempt the call until it is returned.

