Infinity Dental
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Post-Operative Care Following Sinus-Lift

Avoid blowing your nose and, whenever possible, sneezing. Blowing and sneezing can rupture the graft prematurely. If you must sneeze do so with your mouth open to avoid any unnecessary pressure.

Some graft material may fall loose on its own, however causing a large amount to come out will cause the graft to fail.

The use of decongestant medications might be recommended. If you were prescribed a decongestant or allergy medication take it as prescribed.

Do not take liquids through a straw.

Do not lift up or pull on your lip to look at the sutures/surgical site. This may damage and tear the sutures and/or surgical site. Even if the area bleeds please do NOT lift up to check. You can place a moistened tea bag or gauze, apply pressure until bleeding has stopped.

You may experience nose bleeds. This should pass and is not uncommon. Again please do not blow your nose. Hold your head back, keeping it elevated, pinch the tip to hold back the bleeding and place gauze or tissue with pressure until the bleeding has stopped.

You may experience small granules in your mouth for the next few days. This is not unusual as your graft is mainly made of particles and some excess will be lost.

If you feel congested and were not prescribed an antihistamine or decongestant you can use over the counter products like Sudafed, Tavist-D or Dimetapp.

Avoid nasal sprays for at least 1 week or until your 1 week post-op visit.

For further instructions please reference your bone graft post-operative care instructions, and call our office if you have any further questions.

Our office can be reached after hours for emergencies at 702-327-8795.