

Additional Precautions and Patient Instructions Following Sinus Lift Surgery

These directions are to be used in addition to the general surgical post-operative instructions given to you. These are intended to promote healing and minimize discomfort following your sinus lift surgery.

Take an over-the-counter decongestant containing pseudoephedrine or phenylephrine (such as Sudafed) for 5-7 days unless medically contra-indicated. Please ask your pharmacist if you have any questions about interactions with your medications.

1. Do not smoke.
2. Do not use a straw for two weeks.
3. Do not blow your nose for at least two weeks.
4. Do not sneeze through your nose. If the urge to sneeze arises, sneeze with your mouth open and avoid pinching nostrils.
5. Do not forcibly spit for one week.
6. No heavy lifting for one week.
7. Avoid swimming and strenuous exercise for at least one week.
8. GENTLE swishing with salt water may be done, but do not rinse vigorously.
9. Slight bleeding from the nose is not uncommon for several days after the surgery.
10. Take all your medications as prescribed and/or discussed.

IF YOU HAVE OTHER QUESTIONS, PLEASE CALL THE OFFICE OR LEAVE A MESSAGE FOR DR TEMLOCK AT (415) 787-3151. DR. TEMLOCK WILL RETURN YOUR CALL AS SOON AS POSSIBLE. THIS NUMBER DOES NOT ACCEPT TEXT MESSAGES.

IF YOU ARE IN NEED OF IMMEDIATE MEDICAL ATTENTION AND DR. TEMLOCK IS UNAVAILABLE, GO DIRECTLY TO YOUR LOCAL EMERGENCY ROOM AND SEEK IMMEDIATE CARE