

**CHAD KASPEROWSKI**  
DMD



**POOJA KASPEROWSKI**  
DMD

### **Sinus Lift Post-Operative Instructions**

Take medications as prescribed

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Expect some progressive swelling for the 1st 72 hours

Take over-the-counter antihistamine/decongestant combination tablets for 3-4 days as dictated by package insert.

No blowing nose. Sniff back only, wipe end of nose

Nose bleeds are normal and may occur up to several days following surgery

-Treat by leaning head back. Apply ice and direct pressure

-Do not be alarmed by the presence of bone granules. Some drainage from the nose and mouth is normal. Just wipe and clean.

Try to avoid sneezing. If you must sneeze, sneeze through the mouth and wipe away any mucous. **DO NOT PINCH THE NOSE!**