



Post-Operative Guide: Sinus Lift (Condensed)

Section 1 – First 24 Hours

What to Expect

- **Pain:**
Depends on size of the sinus graft – bigger graft = more discomfort.
→ If pain **increases again between days 3–7**, call our office.
 - **Bleeding:**
Bleeding is normal for 24 hours and can come from **mouth and/or nose**.
Blood mixed with saliva looks heavier than it is.
A little bleeding at bedtime is OK—use a towel on your pillow.
 - **Swelling:**
Related to the size of the sinus lift.
Swelling is usually worst in the first **4 days**, and improves by **7–10 days**.
→ If swelling **increases again between days 3–7**, call us.
 - **Sutures:**
You may feel stitches with your tongue—**do not play with them**.
 - Dissolving sutures may start to come out **2–14 days** after surgery.
 - Non-dissolving sutures are removed in our office **2–6 weeks** after surgery.
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Strict No-Can-Do's

- No rinsing with anything for **24 hours**.
 - Do **not forcefully blow your nose** for **2 weeks**.
 - Try not to sneeze. If you must, **sneeze with your mouth open**.
 - No spitting, straws, suction, or pulling your lip/cheek to look at the area for **7 days**.
 - No rubbing or applying pressure to the face over the surgical site.
 - No smoking or alcohol for **3 days**.
 - No exercise, heavy work, mowing, vacuuming, shoveling, or sports for **5 days**.
 - No **hot** foods or drinks for **7 days** (warm is OK).
 - No spicy foods, chips, popcorn, carbonated drinks, or acidic juices for **14 days**.
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Things You SHOULD Do

- **Gauze / Pressure:**
If gauze was placed, bite gently but firmly with **no talking** for **1 hour**.
If bleeding continues, replace with damp gauze and bite for **30 minutes**.
Change every **30–45 minutes** as needed.
- **Cold Packs:**
Apply a cold pack to your cheek over the surgical area **20 minutes on / 20 minutes off** for the first **36 hours**.
- **Medications:**
Take all prescribed meds exactly as directed, with food unless told otherwise.
- **Additional Medications (ONLY if Doctor recommends):**
 - **Oxymetazoline nasal spray (Afrin):** twice per day for the first **3 days**. Do **not inhale forcefully**.



- **Decongestant with pseudoephedrine:** once or twice per day (per label) for **7 days**, ideally in the **morning** (it may keep you awake if taken late).
- **Oral Hygiene:**
 - No rinsing for **24 hours**.
 - Starting the **next day**, you may brush and floss, **avoiding the surgical area** (ok to skip for 2 weeks if needed).
 - **Do NOT use a Waterpik or water flosser** near the area—they are too traumatic.
 - You may gently use prescription rinse, Listerine, or warm salt water (1 tsp salt in ½ glass warm—not hot—water).
 - Do **not** rinse vigorously; gently rock your head side to side to bathe the area.
- **Diet – First 24 Hours (Cold Only):**

Soft, cool foods, small bites, chew away from the surgery.

 - **Beverages:** fruit smoothies, protein shakes, iced tea, milk, milkshakes (no straws), Boost, Muscle Milk, Ensure, water
 - **Main:** cold pasta, cold soup, cold mashed potatoes
 - **Desserts:** applesauce, cold pudding, Jell-O, mousse, yogurt
- **Vitamin Supplementation:**

Use a **high-quality multivitamin with Vitamin D** while healing.
We recommend **DentaMedica Recovery Kit**, designed for dental surgery recovery.

Section 2 – Days 2–14

What to Expect

- **Pain:**

Day 2 may be as bad or worse than day 1. Pain is usually worst in the first **3 days** and should be gone by **10–14 days**.
→ If pain or swelling **increases again between days 3–7**, call us.
- **Bleeding:**

Light pink oozing from the mouth is normal.
You may have **off-and-on nosebleeds for the first 3 days**.
→ If heavy mouth bleeding continues past **day 2**, call the office.
- **Swelling:**

May increase on day 2, then levels off around **day 3** and decreases by **days 4–5**.
→ If swelling increases again between days 3–7, call us.
- **Bruising:**

Bruising (black/blue/green/yellow) is common, and can last **7–14 days** depending on the size of the procedure.

Things You SHOULD Do

- **Warm Packs:**

After **24–36 hours**, you may switch to warm packs (gentle, not hot).
- **Diet – Days 2–14 (Soft, Warm or Cold – Never Hot):**

Rule: If you can easily **pinch through it**, you can eat it.
Continue soft foods, small bites, and chew away from the surgical site.



- **Beverages:** apple cider, coffee, tea (green, black, herbal)
 - **Breakfast:** scrambled eggs, omelets, oatmeal, French toast, pancakes, waffles, soft cereals
 - **Lunch/Dinner:** soups, pasta, baked/steamed fish, frittata, stews, crock-pot meals, slow-cooked meats and veggies, mac & cheese, meatloaf
 - **Vitamin D / Multivitamin:**
Continue daily.
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Section 3 – Day 15 and On

What to Expect

- **Pain & Swelling:**
You should not have major pain in the **third week**. New or worsening symptoms? Call us.
 - **Sutures:**
 - Resorbable sutures are usually gone by now.
 - Non-resorbable sutures are typically removed at your **2-week post-op** visit (sometimes later).
 - If you feel a leftover suture after this, call the office.
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Things to Avoid

- No Waterpik close to the surgical site for **3 months**.
- No rubbing or pressure over the area. The bone needs **6 months** with no outside pressure to heal properly.

Things You SHOULD Do

- By week 2 you should feel close to normal.
- Stop using the prescription oral rinse.
- Brush and floss carefully around the site, but **keep it clean**.

Diet – Longer Term

- Take small bites and chew on the **opposite side** of the surgery.
 - If surgery was done on **both sides**, follow the **soft diet (Days 2–14)** until your healing evaluation with our office.
 - Continue your multivitamin with **Vitamin D**.
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Implant Integration (*if an implant was placed with the sinus lift*)

- Implants placed with a sinus lift generally take up to **6 months** to fully fuse with the jawbone (**Osseointegration**).
- Timing depends on your health, amount of grafting, and bone quality.

Uncovering Your Implant (if covered)

- If your implant was left under the gums, it must be **uncovered** before a tooth can be placed.
- At the uncovering visit:
 - A small opening is made in the gum above the implant.
 - A **Healing Cap** is screwed onto the implant and sticks slightly above the gums.
 - This shapes the gum and creates an opening for your future crown.

Your Final Crown

- After the Healing Cap is placed, your gums need **at least 2 weeks** (sometimes more) to stabilize.



- Once gums are stable, your dentist will design and place your **final crown**.

Section 4 – Maintaining Your Results

(For patients with implants)

Daily Implant Care

- **Brush** teeth and implants **twice daily for 2 minutes**, especially along the **gum line**.
- **Floss** implants daily. Implants are circular—floss them like **polishing a shoe or drying with a towel**. Ask us for a demo.
- **Dental Visits:**
 - History of periodontal disease → see your dentist **every 3 months**
 - No periodontal disease → at least **every 6 months**

Implant Disease Is Sneaky

- Implants don't have nerves, so early disease **doesn't hurt**.
- Infection can smolder under the gums until damage is severe.
- By the time you feel pain, damage may be **irreversible**.
→ The solution: **routine visits** with your dentist and periodontist to catch problems early.

Risk Factors for Implant Problems

Try to reduce or eliminate these factors:

- History of **periodontal (gum) disease**
- **Smoking** (cigarettes, cigars, pipes, marijuana, vaping)
- **Poorly controlled diabetes**
- **Cardiovascular disease:**
- **SSRI medications**
- **Vitamin D deficiency**

Emergency Contacts

- Dr. John Thousand – 303-250-4091
- Dr. Hailey McKinley – 812-661-0931
- Dr. Michael Romani – 559-300-9953
- Dr. Jessica Koster – 214-608-8046

Post-op video instructions for sinus lifts:



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