



Restore Dental Wellness
Exceptional Dental Care for the Quality Conscious

POST-OPERATIVE CARE FOLLOWING
SINUS SURGERY

1. **It is mandatory to buy an over the counter antihistamine/decongestant-combined medication like Zyrtec-D, Allegra-D, Claritin-D Benadryl Allergy Plus Sinus. Take it for 3-5 days to prevent your nose from running and to avoid the need to blow it.**
2. Do not blow your nose. If you must sneeze, do so with your mouth open to minimize any unnecessary pressure on the sinuses.
3. Do not smoke or use smokeless tobacco. Smoking is to be avoided for 6 weeks since it increases the heat in the surgical area and significantly lowers the body's ability to heal.
3. Do not take in liquids through a straw. The use of straws creates a negative pressure in your mouth and will tend to loosen the sutures.
4. You may notice granules coming out of your mouth. This is normal. Call the office if they are coming out of your nose or you get large clumps.
5. Do not lift or pull on your lip to look at the sutures (stitches).
6. **ORAL HYGIENE:** Gentle rinsing of the mouth should be started 24 hours after the surgery. You can rinse with salt water (1/2 tsp. of salt in 8 oz. warm water). The use of commercial mouthwashes during the healing period is not recommended, as the high alcohol content can chemically burn the site.

Therasol Rinse Instructions: Pour a small amount of Therasol Rinse in a cup, dip toothbrush in and use in place of toothpaste on and around the surgical site. Do not dip brush directly into Therasol bottle. Clean the surgical area at least 3 times a day using the bottle of Therasol given to you. The size of bottle give to you is typically plenty for this purpose for about two weeks.

7. **SWELLING:** Some swelling is to be expected and is not unusual. In most instances swelling can be prevented or controlled. Peak of swelling is usually between 48 and 72 hours post operatively. Apply the ice pack that has been given to you for a period of 20 minutes on and 20 minutes off during the day for the next 2 days with or without the presence of swelling. Discontinue use of the icepack after 48 hours. The application of ice to the outside of the face over the surgical area will minimize swelling. If after three days you still have inordinate swelling or pain, please call the office.

8. ANTIBIOTICS:

_____ IV-sedated patients have received an appropriate antibiotic through their IV line.

_____ An antibiotic has been prescribed for you. It is very important that the prescription is filled and taken as directed until gone. Starting at _____am/pm take 1 tablet of _____ every _____ hours. Should you develop hives or skin rash, stop the medication and call the doctor immediately. If you have difficulty breathing, call 911 and seek immediate medical attention.

9. **DISCOMFORT:** It is very normal to have discomfort after dental procedures. If medications have been given or prescribed, take as instructed. Recommendations are based upon your anticipated level of discomfort.

Mild: Ibuprofen _____mg every 6 hours (Ibuprofen is also used to keep swelling to a minimum)

Moderate: Ibuprofen _____mg AND Acetaminophen _____mg every 6 hours

Severe: Hydrocodone 5/325mg _____tab(s) every 6 hours (can be used on an as needed basis) along with Ibuprofen _____mg AND Acetaminophen _____mg every 6 hours

If these do not relieve the pain, please call the office for advice. With any opioid, avoid all alcoholic beverages and it is advised to not drive.

10. **DIET:** It is best to restrict your diet to fluids and soft foods for the first day following surgery. A normal diet may then be resumed the following day. Soft food such as Jell-O, pudding, mashed potatoes, scrambles eggs and room temperature soups are suggested. If you have difficulty chewing, try blenderizing foods or diet supplements such as Carnation Instant Breakfast or Ensure. Limit foods for the first two days to cold/room temperature items.

Your follow-up post-operative appointment is scheduled: _____

Do not hesitate to call our office if any questions arise

Our office number 440-845-7300

Dr. Sala's cell after hours is 412-378-2414