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Excel Dental & Implant Center
Excel Orthodontics

Sinus Lift/Graft

A Sinus Lift procedure is done when there is insufficient space in the posterior maxilla to place implants. This may be done in conjunction with sinus grafting or by itself, depending on the available bone height. When there is less than 10mm of available bone height a sinus grafting procedure is planned. The grafted bone is usually irradiated freeze dried bone obtained from tissue banks that may be combined with synthetic bone or your own bone. So you may have a second surgical site if your own bone is harvested.

Oral Hygiene

- ❖ Do not rinse or spit on the day of your surgery. This tends to disturb the blood clot, open the wound, can prolong bleeding and slow healing. Saliva can be swallowed, even if slightly blood tinged.
- ❖ Keeping your mouth clean after surgery is essential to reduce the risk of infection. 24 hours following surgery gently rinse your mouth with lukewarm salt water 3-4 times a day.
- ❖ Do not brush the teeth in the area of surgery for 48 hours. When brushing, be very gentle.

An antibiotic rinse (such as Chlorhexadine, Periogard, Peridex) may be prescribed. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat, drink or rinse your mouth after using the medicated rinse. Using this rinse more than two times a day will cause staining of your teeth.

- ❖ Do not blow your nose or sneeze with your mouth closed for the next several weeks
- ❖ Do not drink with straws
- ❖ Scuba diving and flying in pressurized aircraft, blowing up balloons, playing musical instruments that require a blowing action should be avoided
- ❖ Decongestants such as Drixoral, Dimetapp, or Sudafed will help reduce pressure in the sinuses. You may have a nose bleed. Do not be alarmed. Call our office if there is excessive bleeding.
- ❖ Do not smoke for at least two weeks after surgery. Smoking dramatically increases the risk of bone graft and sinus augmentation failure.
- ❖ Antibiotics, pain medication and decongestants may be prescribed. Please take the prescribed medications as directed unless an allergic reaction develops. If an allergic reaction develops please call the office as soon as possible.
- ❖ Small bone fragments often separate from the surgical site during healing. If you feel a fragment or spicule in the surgical area it will probably work its way out. If it is sharp or painful, call for an appointment. Generally these fragments are easily removed without discomfort.

Wearing your Prosthesis or Nightguards

Partial dentures, flippers, or full dentures should not be used immediately after surgery unless specifically instructed otherwise. Flipper may be used only for cosmetic purposes. When used it should not touch the gums in the area of the surgery. If it does, this can cause ulceration of the wound edges and breakdown of the suture margins. This can lead to loss of the graft. The flipper or denture will be adjusted by your general dentist during the post-operative visit.

Please contact our office for further questions. Your comfort and health is our priority!