

POST OPERATIVE INSTRUCTIONS FOR SINUS ELEVATION & GRAFT SURGERY

You must follow the prescribed medication protocol which will usually consist of:

- Vitamic C: 1500mg per day, starting 5 days before surgery and continuing until suture removal.
- Nurofen Cold & Flu: 2 tablets 1 hour before surgery, 2 tablets 1 hour after surgery, 1 tablets 8 hourly for 3 days.
- Vicks Sinex Spray: 1 squirt per nostril 4 hourly, starting 3 days before surgery.
- Dexamethasone 4mg: 2 tablets with breakfast on the morning of surgery (unless you are having intravenous sedation in which case you will receive intravenous Dexamethasone), followed by 2 tablets with breakfast on the first and second days after surgery.
- Amoxicillin 500mg: 2 tablets with breakfast on the day before surgery, then 1 tablet 3 times per day after surgery until the course is completed. If you are allergic to amoxicillin or penicillin a different antibiotic will be prescribed.
- Panadol (or Panadeine FT if required): 1--2 tablets every 6 hours after surgery as long as required, not exceeding 8 tablets per day.

You must follow the following instructions for a minimum of 7 DAYS after surgery, or until your post-op review 7 suture removal appointment:

1/ Do not blow your nose

2/ Do not smoke or use smokeless tobacco. It is strongly advised that you avoid smoking for 1 week pre-op and 3 weeks post-op, with aid of Nicotine patches if required. This will dramatically improve your healing & prognosis.

3/ Do not drink liquids through a straw

4/ Do not lift or pull on your lip to look at the sutures (stitches)

5/ Do not rinse your mouth for 24 hours. Following this, rinse very gently with:

- luke warm saltwater 4 times per day
- Savacol (or chlorhexidine) mouthwash 3 times per day

6/ If you must sneeze, then do so with your mouth open to avoid any unnecessary pressure on the sinus area

7/ It is not unusual to see small granules in your mouth for the first few days. Notify the office if the following occur:

- You feel granules in your nose
- Your medications do not relieve your discomfort

8/ Maintain a soft nutritional diet, preferably supplementing with Vitamins.

9/ If you have dentures that sit over the area, avoid their use as much as possible.

Concerns or queries after hours can be directed to Dr Misagh Habibi on 0401677975