



## ***Recommendations after "Sinus lift" surgery.***

### **BLEEDING.**

Minor bleeding is possible within 24 hours after Sinus lift surgery. Saliva may turn pink. Bleeding usually stops after a few hours. Bleeding nose is also possible. If bleeding continues at home - roll up a gauze swab, apply to the wound, chew and hold for 30 minutes. Apply cold compresses on the outside.

### **SWELLING.**

There may be swelling of the face 2 to 3 days after surgery. It can be almost imperceptible, but it can also be very pronounced. Occasionally, bruising may appear on the cheek or under the eye.

**If your general health deteriorates several days after the operation - you feel general weakness, rising temperature, your head, especially when leaning forward, becomes "heavy", if you have discharge from your nose with an unpleasant odor, call the clinic reception + 371 29456701 and the visit will be held as soon as possible.**

### **IN THE FIRST DAYS**

#### **PHYSICAL ACTIVITY.**

Physical work is not recommended, it is mostly recommended to stay in a sitting position. When lying down, it is important to keep your head as high as possible, so it is recommended to use two pillows. Lie on the unoperated side.

#### **NUTRITION.**

Do not rinse your mouth or eat hot food or drink hot beverages on the first day after surgery. It is not recommended to drink through a straw. It is recommended to eat moderately warm and soft food.

#### **PROHIBITED.**

It is forbidden to smoke, sniff hard and stop or suppress sneezing. Sneeze with your mouth open.

#### **SWELLING.**

To reduce swelling, it is best to apply a bag of ice wrapped in a towel to your cheek and hold for approximately 20 minutes. Take a break for 20 minutes and hold the ice again for about 20 minutes. Repeat this procedure until the evening.

#### **NOSE DROPS.**

It is recommended to use nasal drops before going to bed. They should be used 3-4 times a day for 5 days from the first day of surgery.

#### **ANTIBIOTICS.**

Use the prescribed medicine exactly as prescribed.

#### **MEDICINES FOR PAIN AND INFLAMMATION.**

You can use any painkiller prescribed by your doctor to relieve your pain. Take the medicine 2 - 3 times a day for 2 - 5 days as needed. Take all previous medicines as usual.

### **IN THE FIRST WEEK**

#### **ORAL HYGIENE.**

The next day after the operation, start brushing your teeth 3 times a day with toothpaste, then rinse your mouth with 0.2% chlorhexidine solution.

#### **NOSE.**

Nosebleeds may occur in the first days after Sinus lift surgery. Swelling of the nasal mucosa may make it difficult to breathe through your nose. It is mandatory to use nasal drops/ decongestants prescribed by your doctor, but not longer than 4 - 5 days to avoid provoking a runny nose. Do not sniff for 2 weeks after surgery. Sneeze with your mouth open. It is important to avoid colds.

#### **PHYSICAL ACTIVITY.**

In the first week after the operation, it is not recommended to exercise, be in a "bent position", take a hot shower or sauna. It is not recommended to stay in very dusty rooms. It is forbidden to dive. Avoid flying the airplane, if possible.

#### **NUTRITION.**

During the first week, a light, moderately warm meal is recommended to avoid post-operative wound injury.

#### **SUTURES.**

The sutures are removed on the 7th - 14th day after the operation.

#### **SMOKING AND ALCOHOL.**

Smoking can adversely affect postoperative wound healing and bone growth. We recommend avoid smoking for 2 weeks after the operation. Do not drink alcohol for 7 days after surgery.

### **IN THE FIRST MONTH**

#### **NUTRITION.**

From the second week after removing the sutures, you can eat food of any consistency.

#### **NOSE DROPS.**

From the second week there is no need to use nasal drops.

#### ORAL HYGIENE.

Oral hygiene is performed as usual, replacing chlorhexidine with ordinary water or any mouthwash.

#### PHYSICAL ACTIVITY.

It would not be desirable to “bend over” 2 weeks after surgery. From the third week, all kinds of sports can be resumed. Diving and flying can be resumed one month after Sinus lift surgery.