



Periodontics & Implant Dentistry

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Post Operative Instructions Following Sinus Augmentation

Some post-operative discomfort and swelling is to be expected following sinus augmentation.

1. Some post operative bleeding is to be expected. If this occurs, it can usually be controlled by placing the gauze pack provided or non-herbal tea bag over the area and applying constant pressure for 30 minutes. If excessive bleeding should occur, please contact our office.
2. For discomfort you will be given a prescription for Motrin (Ibuprofen) as well as a narcotic pain medication that should be taken only if needed. DO NOT drive or mix with alcohol if you are using the narcotic pain medication.
3. In most cases an antibiotic will be prescribed and must be taken as directed until finished. The purpose of this medication is to inhibit the growth of bacteria in the mouth.
4. You may have liquids such as juice, milkshakes, or other cool liquids as soon after the procedure as you like. To avoid damage to your lip, cheek or tongue, do not eat solid foods until the numbness wears off.
5. A soft food diet for a week or two, depending on the extent of the procedure, may be necessary.
6. Smoking should be abandoned for at least 2 weeks following the procedure.
7. To help minimize swelling, an ice pack should be applied intermittently for 10-15 minutes on and 10-15 minutes off the jaw over the area the surgery was performed up to 24 hours following the procedure. Continuous application of an ice pack may cause damage to the skin.
8. Clariton should be taken for two weeks post Sinus Augmentation. No blowing your nose, avoid sneezing or pressure of this type on your sinuses.
9. No mouth cleaning of any type (brushing, flossing, rinsing, etc) for 24 hours. After 24 hours you may begin gentle brushing, if you had an implant placed avoid brushing directly in the area where it was placed until your post op appointment. You will also begin using the prescription mouthwash (Peridex/Chlorhexadine). You will rinse twice daily until your next visit in our office.
10. Strenuous exercise is not recommended for 2 days following the procedure.

If you have any questions or concerns, please call the office at (206) 329-0410 between the hours of 7:00am – 4:00pm, Tuesday through Thursday and 7:00am – 3:00pm on Friday. After hours, Dr. Kang may be reached at (425) 577-9570; after hours Dr. Suzuki may be reached at (484) 213-0380. Please reserve these phone numbers for emergencies only.