



## **PRE-OPERATIVE INFORMATION: SINUS LIFT**

### **Why do a sinus lift?**

When you do not have adequate bone height for dental implants, the sinus membrane can be lifted up to its original position and bone grafted to rebuild the lost bone.

### **How do we do it?**

The surgery is done painlessly with local anesthetic and we **strongly recommend deep sedation** for complete patient comfort. A small window is made in the bone and bone graft material is placed and is protected by a resorbable membrane held in place with sutures. This procedure usually takes one hour.

### **What Happens after the surgery?**

A soft diet is recommended and you will be prescribed suitable pain medication. An antibiotic will be prescribed that must be started one day before the surgery and the course **must** be completed. You will be seen for a post-operative appointment 10 days later.

An additional appointment will be scheduled for 5-6 months following the surgery to assess the bone graft maturation. At this appointment, you will be given relevant information for tooth replacement.

There is more information about this procedure on our website at [www.drcaudry.ca](http://www.drcaudry.ca)



## **POST-OPERATIVE INSTRUCTIONS: SINUS LIFT**

**Pre-surgery medication:** The antibiotic has been prescribed it should be started one day before the surgery and the course **must be completed**.

**Discomfort:** Pain relief medication will be prescribed. Ibuprophen (600mg) every 4-6 hours will also help to minimize swelling.

**Swelling:** To avoid swelling, use a cold on the side of the face 20 minutes on and 20 minutes off for at least the first 12 hours following surgery. Swelling peaks in 72 hours and you should ice as much as possible during this timeframe.

**Bleeding:** It is not unusual to have some slight bleeding from the surgical site or from your nose. Bleeding can be avoided by keeping your head elevated during the first evening, discontinuing your usual exercise regime for 1-2 days, restricting yourself to a soft diet and by avoiding smoking, which also delays healing and irritates tissues.

**Oral Hygiene:** After surgery, it is important to keep your teeth and mouth as clean as possible. The prescribed antibacterial rinse is to be used twice a day starting the day of the surgery. Additionally, warm salt-water rinses (1/2 tsp in warm water) can be used several times a day. During the first week, the non-treated areas should be brushed normally.

**NOTE:** Do not fly for the first few days. If you feel yourself going to sneeze, **do not suppress it!** Try to sneeze as gently as possible and try to sneeze from your chest, not your head. Leave your mouth open when you sneeze and **DO NOT BLOW YOUR NOSE** for at least 3 days.

### **Post-operative appointments:**

The first appointment is 10 days after the surgery to check healing.

An additional appointment will be scheduled for 5-6 months following the surgery to assess the bone graft maturation. At this appointment, you will be given relevant information for tooth replacement.

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