VALENTINE
Oral & Maxillofacial Surgery

Patient Instructions: After Sinus Augmentation

1. Do not smoke or use a straw.
2. If you had a “sinus lift” or “sinus augmentation” procedure, do not blow your nose for two weeks after surgery and sneeze with your mouth open as to not cause sinus pressure. Infrequent nose bleeds are normal for the first 2-3 days after sinus surgery.
3. Please brush teeth with toothbrush and toothpaste beginning day after surgery. To assist toothpaste removal, place small amount of water in your mouth and gently roll head from side to side. If prescribed, use Chlorhexidine 0.12% oral rinse as directed instead of the salt water rinses.
4. Take antibiotics as directed.
5. The numbness present in the upper and lower face will slowly go away 4-6 hours after your surgical procedure.
6. Eat/Drink a soft, light chewing diet after surgery (yogurt, soups, soft pasta/noodles, ground hamburger, shakes, bananas, kiwi, cottage cheese, cooked vegetables etc.) and for the first 14 days after surgery. You may gradually increase your diet consistency two-weeks after surgery.
7. Carbonated beverages are ok.
8. Try to sleep with your head elevated above your heart (recliner chair position) the first night after surgery to help prevent swelling.
9. No strenuous physical activity for one week after surgery
10. Do not pick at or remove any sutures in your mouth. Avoid chewing on the side of surgery for the first week after surgery.
11. If you have any questions, please call our office. A 24-hour phone number is available on the office phone message if needed.
12. If you develop a temperature above 101° F, excessive pain or swelling, or persistent nausea or vomiting, please call our office immediately.

Rev. 2025-08-01