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POSTOPERATIVE INSTRUCTIONS FOR SINUS GRAFTING

1. Do not blow your nose.
2. Do not smoke or use smokeless tobacco.
3. Do not take in liquids through a straw.
4. Do not lift or pull on lip to look at sutures (stitches).
5. If you must sneeze, then do so with your mouth open to avoid any unnecessary pressure on the sinus area.
6. Take your medication as directed.
7. You may be aware of small granules in your mouth for the next few days. This is not unusual. Notify the office if the following occur:
 - a. You feel granules in your nose.
 - b. Your medications do not relieve your discomfort.
8. Be certain to apply ice packs to the outside of the face for the first 24-48 hours. After which you may apply heat compresses to reduce any swelling.

HYGIENE

1. Be certain to use the prescribed mouth rinse at least 2 times a day. Apply to a cotton swab and cleanse all teeth in the surgical site (front and back) to remove any plaque or food debris which may have accumulated.

MEDICATIONS

1. Be certain to take any and all medications prescribed.
2. If prescribed pain medication, remember they must be taken in a consistent manner to avoid low blood levels of pain reliever. Do **NOT** drink alcoholic beverages while on pain relief medication.

Please contact our office should you have any unexpected complications or questions. The emergency number is 214-783-2077.