
INSTRUCTIONS AFTER SINUS LIFT OR ORO-ANTRAL COMMUNICATION

Wound care

Do not disturb the wound with the tongue. Do not rinse on the day of surgery. Do not smoke for at least 14 days after the operation, it slows down the healing process and irritates the operated areas.

Breathing-Nasal Congestion

Do not blow your nose or sneeze with your mouth closed. Do not inhale – exhale deeply through the nose. Do not use a straw for 14 days. If you notice fluid passing from the mouth to the nose, runny nose, nosebleeds, or nasal congestion, notify your doctor.

Edema

Postoperative swelling occurs after most oral surgical procedures. Apply ice to the operated area to reduce swelling. Apply an ice pack for 20 minutes, remove it for 20 minutes and continue at this rate for the first 24 hours after surgery.

Pyorrhea

If pyorrhea occurs in the wound area, notify your doctor.

Diet

Follow a soft diet until the day of suture removal. You can eat anything except small hard pieces such as toast, nuts, as long as you chew on the opposite side of the operation. Drink plenty of fluids and limit alcohol use.

Oral hygiene

The day after the operation, start rinsing with chlorhexidine **0.12% 2** times a day (**Plak-out, chlorexil, Plac control, Eludril**) until the sutures are removed. If you are not given chlorhexidine for mouthwash, you can use warm salt water for washing 2-3 times a day. Do not brush your teeth on the day of surgery and do not brush the surgery area until the stitches are removed.

Pain management

You will feel pain for the first few days after surgery. Use the pain relievers recommended by your dentist. Usually, Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are sufficient to treat the pain. Avoid aspirin as it can interfere with the clotting process and cause bleeding. If you are given narcotic pain relievers (eg Lonarid), do not drive or operate machinery while under the influence. An increase in pain after the 3rd day is not expected. If pain persists despite medication, contact your doctor.

Antibiotic Treatment

If you have been prescribed antibiotics, take them exactly as directed and for the length of time recommended by your dentist. CAUTION is needed if you are contraceptive pills, as the effectiveness may be reduced and you may need an additional contraceptive method.

Bleeding

If you bleed in the first few days, don't worry. Avoid alcohol and hot drinks and foods. When you are bleeding, do not rinse your mouth. Moisten a gauze pad or tea bag with some warm water, place it on the area and hold it firmly for 30 minutes. Try not to lie down for a while, don't spit and put ice on the outside. Contact your dentist if you are still bleeding 2 days after surgery.

Numbness

Local anesthetics are active for 24-48 hours. If you experience numbness beyond this period, notify your doctor.

Physical Activity

Limit your physical activity and heavy exercise for 7 days.

Stitch Removal

Your doctor has placed stitches that will either be absorbed in 2-3 weeks or you will be asked to return to the office to have them removed.


Πληροφορίες Ιατρών

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