

Brian S. Gurinsky, D.D.S., M.S.
1860 Larimer St., Suite 300
Denver, Colorado 80202

POST-OPERATIVE INSTRUCTIONS FOLLOWING SINUS AUGMENTATION PROCEDURE

The key to a successful sinus grafting procedure is your comfort and your care of the area during the next few days: this means that you must keep the area stable and take the prescribed medications as directed to prevent infection. Here are some tips that should help you out:

1. DO NOT blow your nose
2. Try not to sneeze
3. Coughing may place additional pressure on the sinus membrane and introduce bacteria into the graft. Therefore if coughing occurs, it should be done with the mouth open to relieve pressure within the sinus.
4. Apply an ice pack or to your face 10 minutes on, 20 minutes off for 48 hours to reduce pain and swelling.
5. Eat very soft foods as tolerated. They should be of a high protein nature (Soft boiled eggs, milk, ice cream, malts, boiled chicken, soup, etc.)
6. For the first 24 post-operative hours drink plenty of fluids: juice, soda, water, milk.
7. Expect a good amount of swelling and some discoloration. These findings are common and do not indicate infection or other problems. Sleep with your head well elevated. Doing so, you may still experience swelling which will be most marked the next morning.
8. Don't exert yourself for the next couple of days. The surgical site needs to be stable for optimum results.
9. Follow the instruction(s) given to you by Dr. Gurinsky and take your prescribed medications as directed:
 - ANTIBIOTICS: Amoxicillin 500mg 3 tablets per day until all gone.
 - DECONGESTANT: Afrin Nasal Spray instill 3 times daily for 3-4 days.
While on your back, place your head over the edge of the bed so that your nostrils are facing upward. Instill the nose drops without inhaling and remain in position for 2 minutes, to allow the solution to reach the sinus cavity. If you taste the nose drops, they have not entered the antral cavity, and that will be ineffective. TRY AGAIN. DO NOT use for more than 4 days.
 - DECONGESTANT: Sudafed
 - PAIN MEDICATION: Acetaminophen/Hydrocodone take one or two tablets by mouth every 4-6 hours as necessary for pain.
 - STEROIDS: Medrol Dosepak, take as directed.
 - MOUTHRINSE: Peridex antimicrobial mouthrinse
10. Do not hesitate to telephone me if any question or problem regarding your condition arises. In an emergency, you should call **303-296-8527 [Office]** or **page 720-318-5686**.