



**Bryn Mawr Periodontics
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Additional Post-Operative Instructions after Sinus Grafts

- Please do not blow your nose for three weeks.
- If you need to sneeze, do so with your mouth open to avoid any unnecessary pressure in the sinus area.
- Do not smoke or use smokeless tobacco.
- Do not use a straw for at least three weeks.
- As much as possible, do not plan any flights for at least four weeks as you will be at risk for sinus infections.
- Do not lift or pull on your lip to look at the stitches.
- Take your medications as directed. It is especially important to take your full course of antibiotics if it has been prescribed to you.
- If you feel congested, take what you typically take - a decongestant or allergy pill. It is important to reduce your symptoms to avoid putting pressure on the graft.
- You might be aware of small granules or bleeding in your mouth or in your nose for the next few days. This is not unusual.
- Please do not brush the procedural site until you have been given instructions to do so. After the first 24 hours, rinse gently with salt water to keep the area free of food and debris. Detailed instructions of cleansing will be given to you as your healing progresses.

PLEASE DO NOT HESITATE TO CONTACT US WITH QUESTIONS OR CONCERNS.