

Implant & Periodontal Associates NW

SINUS AGUMENTATION INSTRUCTIONS

REST:

Rest with head elevated for the remainder of the day. Get up slowly to avoid dizziness. Limit physical activity for the first 48 hours, then let comfort be your guide.

Swelling:

Apply an icepack over treated area for the first 24 hours; 20 minutes on and 20 minutes off. Warm, damp towel may be applied 3 DAYS AFTER procedure to help reduce swelling. Swelling may occur but if it increases after the 4th day please call us at our office.

Medication:

If prescriptions were provided, please follow instructions printed on label of prescriptions.

Bleeding:

Avoid using a straw, rinsing or spitting for 24 hours (this may cause bleeding). Some bleeding is expected; however, extensive bleeding should not occur. If such bleeding should occur, apply firm pressure with moist gauze for 20 minutes (gauze provided in bag given at time of surgery).

Home Care:

Begin brushing and flossing the NON-TREATED area the day AFTER procedure. Begin brushing TREATED area 4 weeks AFTER procedure using soft, black bristled toothbrush given at time of surgery. You may use regular toothbrush and gently floss AFTER 4 weeks.

Diet:

Eat cold soft foods while still maintaining a well-balanced diet for the first 48 hours. Avoid extremes: Very hot, acidic, spicy foods and/or liquids. Avoid these for 72 hours than let comfort be your guide. Also avoid very hard, crunchy or sticky foods: nuts, seeds, popcorn. Drink plenty of fluids for the remainder of the day. Avoid chewing on surgery site for 4 weeks.

Alcohol/Smoking:

If taking prescription pain medication avoid alcohol until you are no longer taking pain medication for discomfort. Alcohol is a blood thinner and may cause bleeding and delayed healing to the surgical site. Avoid smoking tobacco/non-tobacco for at least 3 days after surgery. Smoking delays healing, increases discomfort, and may encourage bleeding and infection in the procedure site.

IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CALL US AT:

Kenmore Office (425) 486-9111

For a true dental emergency please call:

Dr. Tarleton on his cell phone at (425) 343-6485

Dr. Easley on her cell phone at (480) 256-2158