



POST-OPERATIVE INSTRUCTIONS FOLLOWING SINUS AUGMENTATION PROCEDURES

- 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 coughing, if necessary, should be done with the mouth open to relieve pressure within the sinus.
- 4.) Apply ice pack 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 postoperative hours drink plenty of fluids: juice, water, milk.
- 7.) Expect a good amount of swelling and some discoloration. These findings are common and do not indicate an infection or other problems. Sleep with your head elevated with a few pillows; even so, you will find swelling & bruising will be most marked within the first few days.
- 8.) Follow the instructions given and take your prescribed medications as instructed.
- 9.) Do not hesitate to contact Dr. Frost if any question or problem regarding your condition arises. During office hours, please call the clinic at: **(402) 557-5862**. After hours, and for emergencies only, call Dr. Frost's cellular phone at: **(402) 968-0182**.