

CARE OF YOUR MOUTH FOLLOWING SINUS FLOOR SURGERY

You have had a surgical procedure carried out and these notes are to help you feel more comfortable in the immediate post-operative period.

1. Take care not to bite your lip whilst it is still numb.
2. Take the pain killers we have given you at the recommended time. They will help to prevent swelling as well as helping you with any pain you may experience.
3. Take the antibiotics provided for you for the next week as directed on the packaging.
4. If bleeding occurs later on, apply pressure to the area using a damp cloth pad. A clean cotton handkerchief is best as tissues just tend to disintegrate.
5. Carry on cleaning your teeth as normal (except for the area where the surgery has been done) taking care not to dislodge any of the stitches. We have given you some Corsodyl mouthwash to use morning and night. Please use it immediately after brushing and diluted 50/50 with water. Rinse around for 1 minute before spitting it out – the time is quite important.
6. Do NOT blow your nose for 1 month – this is very important as the sinuses are intimately related to the nose and you will disrupt the graft. If your nose is blocked gently use a nasal spray such as Vick's Sinex.
7. From the day after surgery use a warm salt mouthwash three times a day. This will promote healing and is very soothing. Half a teaspoon of salt to a tumblerful of water is strong enough.
8. You are likely to experience some swelling and possibly some bruising. This is quite normal, but any undue swelling, or pain, should be reported to us.
9. Try to maintain a normal diet, but if this is difficult, take a multi-vitamin supplement.