

## Aftercare Instructions following Sinus Lift

### Pain Management:

- You may experience some discomfort or pain after the procedure. Take the prescribed pain medications provided by ICS Dental Studio.
- If needed, over-the-counter pain relievers such as ibuprofen or acetaminophen can be used according to the instructions on the packaging.

### Swelling:

- Swelling is a normal post-surgery symptom. To reduce swelling, apply an ice pack to the surgical area for the first 24-48 hours. Use it in intervals of 20 minutes on and 20 minutes off.

### Diet:

- Consume a soft or liquid diet during the first few days to avoid putting excessive pressure on the surgical site.
- Avoid hot and spicy foods, as they may cause irritation.
- Gradually reintroduce solid foods into your diet as advised

### Oral Hygiene:

- Maintain proper oral hygiene, but be gentle around the surgical site.
- Avoid brushing or flossing directly over the implant or surgical area for the first week or as advised.
- Rinse your mouth gently with warm salt water (mix 1/2 teaspoon of salt in a glass of warm water) after meals and before bedtime.

### Medications and Antibiotics:

- Take all prescribed antibiotics as directed to prevent infection.
- Follow any additional medication instructions provided.

### Activity:

- Refrain from engaging in strenuous physical activities during the first few days following surgery to minimize bleeding and swelling.
- Rest and allow your body to heal.



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#### **Smoking and Alcohol:**

- Avoid smoking and alcohol consumption during the initial healing period, as they can hinder the healing process and increase the risk of complications.

#### **Sneezing and Blowing Nose:**

- Do not hold in a sneeze or blow your nose forcefully, as this can disrupt the healing process and potentially cause complications. Instead, sneeze or blow your nose gently through an open mouth.

#### **Post-Operative Expectations:**

- Understand that some swelling, discomfort, and mild bleeding are normal during the initial days after surgery. These symptoms should gradually improve.
- Post-operative healing typically takes several weeks to months. Be patient and follow all instructions provided by ICS Dental Studio.
- Expect follow-up appointments for evaluation and adjustments as needed.

#### **Complications and Signs to Watch For:**

In the rare event of complications, be vigilant for the following signs and contact ICS Dental Studio immediately if you experience any of these:

- Severe or worsening pain that is not relieved by prescribed medications.
- Excessive bleeding or swelling.
- Persistent high fever.
- Foul odor or discharge from the surgical site.
- Implant mobility or displacement.
- Difficulty breathing or severe congestion.
- Any other unusual symptoms that raise concern.