

Bone Graft/Sinus Augmentation

1. Do **not** smoke.
2. Do **not** rinse or swish any liquids in your mouth until your sutures are removed. Rising or swishing can push fluids into the surgical site and cause infections. You may drink liquids as normal.
3. If you had a “sinus lift” or “sinus augmentation” procedure, do **not** blow your nose for two weeks after surgery. Infrequent nose bleeds are normal for the first 2-3 days after sinus surgery.
4. Please brush teeth with toothbrush and toothpaste beginning day after surgery. To assist toothpaste removal, place small amount of water in your mouth and gently roll head from side to side. If prescribed, use Chlorhexidine 0.12% oral rinse as directed instead of the salt water rinses.
5. Take antibiotics, pain pills and antismelling pills as directed.
6. The numbness present in the upper and lower face will slowly go away 4-6 hours after your surgical procedure.
7. Eat/Drink liquids only (no chewing) the day of surgery.
8. Eat/Drink a soft, light chewing diet beginning the day after surgery (yogurt, soups, soft pasta/noodles, ground hamburger, shakes, bananas, kiwi, cottage cheese, cooked vegetables etc.) and for the first 14 days after surgery. You may gradually increase your diet consistency two-weeks after surgery.
9. Carbonated beverages are ok. You may use a straw to consume liquids.
10. Try to sleep with your head elevated above your heart (recliner chair position) the first night after surgery to help prevent swelling.
11. No strenuous physical activity for one week after surgery (if bone was taken from your leg or hip – please see below).
12. Do not pick at or remove any sutures in your mouth. Avoid chewing on the side of surgery for the first week after surgery.
13. If you have any questions, please call the office at **480-515-5400**. A 24-hour phone number is available on the office phone message if needed.
14. If you develop a temperature above 101⁰F, excessive pain or swelling, or persistent nausea or vomiting, please call our office immediately.

If bone was taken from your leg or hip:

1. Do not remove the bandage on the wound unless otherwise instructed. Dr. Pogue or staff will remove the dressing 1-2 days after surgery. Keep bandage dry.
2. You may shower after bandages are removed (generally 1-2 days after surgery). Dry wound thoroughly and apply Band-Aids or other protective dressing as needed to protect against irritation from clothes.
3. Bruising may appear 2-7 days after surgery – this is normal.
4. Do not swim or take a bath for two weeks.
5. No strenuous physical activity for two weeks – walking at a normal pace is ok.