



Instructions regarding sinus lift

- Do not blow your nose
- Do not smoke
- Do not drink with a straw
- Do not lift your lip to look at the sutures.
- If you sneeze, do so with your mouth open to avoid pressure in the sinus cavities.
- Take your medication as prescribe.
- You could have small granules in your mouth for a few days. This is normal.
- It is important to keep you head elevated (2 or 3 pillows) when you lay down or for sleeping.
- Do not do lean forward repeatedly for weeks.
- Do not do physical exercise for 2 or 3 weeks after the procedure and to restart gradually.

CALL THE OFFICE IF...

If you feel granules in the nose.

Your medication does not relieve your pain.

You have fever.