



Sinus lift and augmentation instructions, and consent form

This procedure will involve making a small window into the sinus and lifting the sinus lining to place bone substitute minerals; this will be of bovine origin and acts as scaffolding for new bone growth.

Following this procedure, one should avoid swimming or flying for at least 2 weeks.

It is occasionally possible to place the implant/s at the same time as lifting and augmenting the sinus. Otherwise, implant placement must be delayed by 3 to 9 months depending on the extent of the initial deficiency. After this healing period implant placement can take place.

This procedure, like any other surgical procedure carries a risk of infection and post-operative discomfort which is minimised with antibiotics and analgesics. There is also a small chance that the augmentation will not be successful.

What to expect following surgery:

Bleeding: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure. On occasion, there might also be a blood-tainted mucous discharge from the nose for a few days.

Pain: Moderate discomfort may be noticed when the anaesthetic first wears off and may continue for several days.

Swelling: Some swelling and discolouration of the lip and/or cheek may occur and may last for a few days.

Sensation: There may be a temporary loss of feeling in the gums in the operated area. The teeth may also feel loose for a time. The teeth may be sensitive to hot and cold temperatures.

What to do following the surgery:

After leaving the surgery, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

Take paracetamol, ibuprofen (Nurofen), Co-codamol, or similar non-aspirin pain relievers every 4 hours until bedtime to maintain comfort. Take it before the anaesthesia wears off.

If pain medication is prescribed, take it as you need it. Do not exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.

Nausea is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food and taking the pill with a large glass of water.

Applying an ice bag to the face over the operated area will minimise swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.

Eat soft foods for the first 2 - 4 days. Maintain a good, balanced diet. Drink plenty of water. Do not drink through a straw. Avoid alcohol for 48 hours.

Avoid chewing directly over the operated area until the sutures are removed.

Brush all of your teeth after each meal. Avoid the operated area for the first day.

Take care to avoid pulling the sutures.

Do not rinse vigorously; do not use a Waterpik®.

A saltwater solution (1/2 teaspoon salt + half a cup of lukewarm water) held in your mouth for 2 minutes, 3 to 4 times a day during the first week is recommended. This in addition to the mouthwash (also to be held in the mouth and not swished/sloshed twice daily) until the bottle is finished.

Avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.

Avoid lifting the lip with your fingers to look at the area. It is possible to accidentally tear the sutures, open the incision, and delay healing.

Smoking/vaping should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body.

If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

You may be instructed to use a prescription antimicrobial mouth rinse.

Please call your dentist if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems
- Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.

Check that you understand the above information and that it is correct before signing the form.

If you have any questions or need further explanation, please ask your dentist.

I agree to have the above treatment, which has been explained to me, by the dentist named on this form.

Patient Signature:

Date:

Name of dentist/doctor:

Dentist Signature:

Date: