

SINUS ELEVATION SURGERY WITH I.V. SEDATION

Purpose: The maxillary sinuses are behind your cheeks and on top of the upper teeth. Sinuses are like empty rooms that have nothing in them. Some of the roots of the natural upper teeth extend up into the maxillary sinus and the mouth. Dental implants need bone to hold them in place. When the sinus wall is very thin, it is impossible to place dental implants in this bone.

There is a solution and it's called a sinus graft or sinus lift graft. The dental implant surgeon enters the sinus from where the upper teeth used to be. The sinus membrane is then lifted upward and donor bone is inserted into the floor of the sinus. Keep in mind that the floor of the sinus is the roof of the upper jaw. After 4- 6 months of healing, the bone becomes part of the patient's jaw and dental implants can be inserted and stabilized in this new sinus bone.

The sinus graft makes it possible for many patients to have dental implants when years ago there was no other option other than wearing loose dentures.

If enough bone between the upper jaw ridge and the bottom of the sinus is available to stabilize the implant well, sinus augmentations and implant placement can sometimes be preformed as a single procedure. If not enough bone is available, the Sinus Augmentation will have to be performed first, then the graft will have to mature for 4-6 months, depending upon the type of graft material used. Once the graft has matured, the implant can be placed.

Pre-Operative Instructions:

1. Eat a normal meal prior to the procedure. If you're having I.V. sedation please refer to sedation handout for eating instructions.
2. You will be given prescriptions; *normally* an antibiotic, anti-inflammatory and chlorhexidine gluconate rinse. Take as directed on the "Pre-Operative Instructions..." handout.

Post-Operative Instructions

1. Go home, lie down and keep head slightly elevated. Establish that bleeding is controlled, and medications are working. Avoid strenuous activity for the first 48 hours.
2. Expect some swelling this is normal, use an ice pack (provided in post-operative kit) over the surgical area for the remaining portion of the day.
3. After procedure avoid crunchy, hard foods for the first 48 hours. When back on a normal diet chew specifically on the other side, if surgery occurred on both sides maintain soft diet for first 2 weeks. Eat well and drink fluids, if you get hypoglycemic or dehydrated you will feel poorly. Even if you do not feel hungry or thirsty, eat and drink anyway. Use of a straw is not recommended for the first 48 hours. This creates negative pressure on the inside of the mouth and can precipitate bleeding. It is advisable not to vigorously rinse spit or swish during this time period. If you wish to rinse put fluid in your mouth and hold in place, turn head from side to side over the sink open your mouth and allow the fluid to drop out. A little pink or redness in the normal volume of saliva is within normal limits.
4. Expect some oozing from the surgical area for the first 48 hours. If any significant bleeding begins (bright red in color greater than normal volume of saliva) which does not stop with gentle pressure, apply a moistened tea bag (not herbal) that has been thinly coated with Vaseline. Put pressure on the bleeding site for approximately 20 minutes. This should stop the bleeding. If this is unsuccessful, call the office for assistance. This means anytime...day or night!
5. The stitched and surgical site will be evaluated in 2 weeks unless otherwise indicated. Do not pull or dislodge any hanging stitches. You may cut them, but do not pull on them.
6. It is very important that nothing is placed over the surgical site; i.e., dentures, partials, etc. This area must heal passively for about 3 weeks prior to placing any appliance over the area, unless otherwise specified.

See Reverse for further instructions

7. Avoid brushing surgical site for at least one week. Gently swab surgical area twice daily with chlorhexidine gluconate rinse (prescription provided).

8. When taking antibiotics and pain medication post operatively stagger the medication, therefore you will not take them at the same time.
9. It is very important that you **Do Not Blow Your Nose for 1-2 weeks**. If it feels like your congested you may use over the counter nasal spray, gently inhaling while spraying.
10. **NOTE:** The quality of the healed result and how long it lasts directly depends on your commitment to daily oral hygiene and continuing care maintenance. It is our goal to never need further intervention.

If you have any questions regarding your hygiene or any change in technique following the surgery, please feel free to ask.

Remember, you may contact Dr. Wilde at 360-692-0300 or 360-620-2492 at any time if you are having a problem. It is important for you to know that you are not alone and that we are always available to help, reassure or answer any questions.