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Sinus Lift Instructions

Following a surgical procedure on your sinus, please be advised of the following instructions:

1. **Do not** blow your nose for 2 weeks.
2. **Do not** smoke.
3. **Do not** use an irrigation syringe or Waterpik-style toothbrush in the area of the graft for 3 weeks following your surgery as this may dislodge the graft.
4. **Do not** use a straw.
5. **Do not** pull up your lip to look at the site.
6. Take all medications as prescribed. The use of an over-the-counter decongestant for seven days post-operatively is often helpful.

If you need to sneeze, please do so with your mouth open to avoid any unnecessary pressure on your sinus.

Note: You may expect to find small granules in your mouth for the first several days following the procedure. Granules may also work themselves to the gum surface later in the healing process. Please call if the area becomes tender.

If you have any further questions or concerns, please do not hesitate to contact us. We are available at (705) 734-9292:

Thank you.
Huronian Oral Surgery Group