

## After Your Sinus Graft

### To decrease infections:

Take all antibiotics as prescribed until completed.

Take decongestant round the clock for 5 days and then, just at night for 5 days. This will keep your sinus opening unobstructed and maintain normal sinus cleaning processes.

**Do Not Smoke.** This prevents healing and significantly increases the chance for infections

### PAIN:

During your surgery, you were given local anesthesia. As this anesthetic wears off, you may begin to experience pain. The most severe pain occurs within 4-6 hours after the local anesthetic wears off- after that your pain should lessen.

Ibuprofen will be your best aid in pain management-often it will be all that is necessary to control any pain – *if taken as prescribed*. **Take 600 mg ibuprofen (3 tablets/caplets) every 6 hours on the clock, for at least three days.** Starting as soon as you leave the office. IF you take ibuprofen before the anesthetic wears off, you will have better success in managing any discomfort. Ibuprofen will also help with inflammation and swelling.

You may also be given a prescription for a narcotic painkiller. Please keep in mind that there are legal limitations to your activities (ie driving) while taking a narcotic medication. It is recommended that the prescription be your second line of defense. **If you need to take the prescription, take with the ibuprofen, not instead of it.**

**If you find that you need to take large amounts of pain medicine at frequent intervals, please call our office. If you anticipate needing more prescription medication for the weekend, you must call our office for a refill prescription during weekday business hours.**

### Swelling:

Use a cold pack, ice bag, or a frozen bag of peas or MM's wrapped in a towel. This should be applied to your cheek, 20 minutes on and 20 minutes off during the first 24 hours after surgery.

Diet:

Do not skip meals. Be sure to maintain at least 2 liters of fluid every 24 hours to prevent dehydration. Soft “baby food” consistency meals for the 4-5 days. You may chew soft foods opposite the surgery side after the 5<sup>th</sup> day. **DO NOT USE A STRAW.**

Hygiene and Care:

Do not disturb the surgical area for 2 weeks. Do not brush your teeth today, nor use over the counter mouthwashes.

You may gently brush the teeth that are not involved with the surgical area. Use warm salt-water rinses to soothe your mouth and keep it clean: Dissolve 1/4tsp to 1 tsp of salt in 8 oz of water, and **gently** move it around in your mouth and allow it to roll out. You may repeat the rinse as often as desired, but no less than 2-3 times daily.

Extra Precautions:

Do not open your jaw wide, this will overstretch the delicate tissue that has been sutured. Remember that it will take up to 2 weeks for the incision to begin to have any strength.

If you have pain that is unmanageable, or if you have serious concerns about your healing, please do not hesitate to call. We can answer any questions you may have, and if necessary, we can see you before your scheduled appointment.

**Please Note: We will only accept calls for pain medication refills during regular office hours. Please do not call Dr. Jelic’s cell phone for refills. Also, please expect to come for an evaluative appointment, so that we may determine if alternative therapy is more appropriate.**