LUSSO DENTAL

Bone Grafting and Sinus Lift

Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

BONE GRAFTING AND SINUS LIFT

Your care guide

Bone grafting rebuilds bone in the jaw where it has shrunk, so an implant can be placed safely. A sinus lift adds bone under the floor of the sinus above the upper back teeth.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

Before your appointment

- Tell us about any religious, dietary or ethical views about animal or human derived materials, so we can choose a suitable graft.
- Tell us about any changes to your health and medicines, especially blood thinners and bone medicines.
- Do not stop any blood thinner unless your doctor or our team has agreed this with you.
- Stop smoking or vaping for as long as possible before and after surgery.
- Tell us if you have a cold, hay fever or sinus problems before a sinus lift, as we may need to delay.
- Stock up on soft foods and suitable pain relief.
- Arrange an escort if you are having sedation.

On the day

- We will confirm your consent and the graft material agreed with you.
- We will numb the area well. You may feel pressure and tapping but should not feel sharp pain.
- You will be given written aftercare instructions, any prescriptions and an emergency contact number.

RECOVERY TIMELINE

After your treatment

WHEN	WHAT TO EXPECT AND DO
First 24 hours	Rest with your head raised. Use cold compresses. Some oozing and, after a sinus lift, a little blood from the nose is normal.
Days 2 to 4	Swelling and bruising peak then settle. Start gentle salt water rinses. Keep to soft food on the other side.
First 2 weeks	After a sinus lift, do not blow your nose and sneeze with your mouth open. Avoid flying, diving and straws. Stitches are removed at around 10 to 14 days.
Weeks 2 to 6	Avoid pressure on the area, including from a denture, unless adjusted by us.
Months 4 to 9	The graft matures. We review you and take a new scan before placing the implant.

Please do

- Take pain relief and any prescribed medicines as advised.
- Sleep with your head raised for the first few nights.
- Sneeze with your mouth open after a sinus lift.
- Rinse gently with warm salt water after meals from the next day.
- Keep your review appointments.

Please avoid

- Do not blow your nose for two weeks after a sinus lift.
- Do not smoke or vape, use straws or play wind instruments while healing.
- Do not fly or scuba dive for two weeks after a sinus lift unless we advise it is safe.
- Do not press or poke the area with your tongue or fingers, or lift your lip to look.
- Do not do strenuous exercise for a few days.

WARNING SIGNS

When to contact us

- Contact us if bleeding does not stop after 30 minutes of firm pressure, or a nose bleed does not settle.
- Contact us if pain or swelling increases after day three, or you notice discharge, a bad taste or fever.
- Contact us if the wound opens or you notice lots of graft particles coming out.
- Contact us if you have sinus pain, a blocked nose with discharge, or air or fluid passing between your mouth and nose.

- Call 999 or go to A&E if you have difficulty breathing or swallowing, or swelling near your eye. Out of hours, call NHS 111.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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SCAN TO REGISTER

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