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# Sinus Lift Bone Graft and Zygomatic Dental Implant Post-Operative Instructions

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## **These instructions are in addition to the oral surgery instructions**

1. **Do not use a straw for 2 weeks.**
2. Do not blow your nose for two weeks. If your nose is runny, only blot your nose. Vigorous nose blowing can disrupt the bone graft.
3. If you need to sneeze, please do so with an OPEN mouth for two weeks after the procedure.
4. **Some blood from the nose** in the first 72 hours is normal. If it is dripping, roll up a piece of a paper towel into your nostril.
5. **If you use a CPAP**, breathing device please let Dr. Amin know right away as the air pressure can puncture the sinus! He will guide you on proper use.
6. Do not submerge your head underwater for two weeks. Swimming in pools should be avoided for two weeks.
7. Do not use any sinus washes or “lavage” until you are cleared to do so by Dr. Amin.
8. Rarely, some dizziness may occur for several days.
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