

What is a sinus lift?

Sinus lift or augmentation assists in regaining lost bone height in the upper jaw. It is an important procedure that allows for implant placement in the area that could not otherwise be placed due to insufficient bone height due to enlargement of the sinus.

Sinus lift aftercare

Following sinus lift surgery please ensure:

- You are eating a soft, mild and nutritionally balanced diet. This will aid in the healing of your soft tissues around the grafting site.
- Please avoid vigorously rinsing your mouth or spitting for the first day as a blood clot will form in the area.
- Avoid brushing the area for the first day following the surgery. Following on from this, please brush the area very gently.
- Salt water rinses can commence the day following your procedure. Use 1/2 a teaspoon of salt dissolved in a glass of warm water, gently rinsing with the portions of the solution. Rinsing at least 2-3 times a day, and always following meals.
- No touching the area with the tongue or fingers as well as refraining from touching the sutures for the first 4-8 weeks, several universal sinus precautions should be adhered to:
 - No blowing of the nose or sneezing with a hand over the nose instead, sneeze with your mouth open
 - Do not drink with straws
 - Avoid spitting
 - Avoid scuba diving and flying in pressurized aircrafts as it increases the sinus pressure. Following sinus augmentation. If in doubt, please contact your dental surgeon
 - NO smoking or drinking alcohol