



Horbury Dental

care & implant clinic

making you smile for over 75 years

PRE-OPERATIVE ADVICE FOR PATIENTS UNDERGOING

Sinus Grafting

YOU ARE SHORTLY SCHEDULED TO UNDERGO SINUS AUGMENTATION AS PART OF YOUR IMPLANT TREATMENT TO CREATE ENOUGH BONE HEIGHT FOR US TO INSTALL IMPLANTS INTO THE PLANNED AREAS WHERE YOU ARE MISSING TEETH. HOPEFULLY THIS INFORMATION GIVES YOU SOME ADVICE ON WHAT TO EXPECT AND MAKE THE PROCESS A LITTLE EASIER FOR YOU.

1. A sinus graft procedure involves adding bone into the hollow air sinus cavities within your cheeks.
2. This is a relatively invasive procedure as we are working at a very deep level.
3. It is quite normal to have extensive swelling and bruising for the first few days following this procedure and some patients may even develop a black eye which could close.
4. Over the course of 7-10 days following the procedure, the bruising will track downwards and you may have bruising extending down to your neck and even to your chest. Please note this is variable and is person dependant.
5. Given the nature of this surgery, discomfort and pain is to be expected. You should take a combination of Paracetamol and Ibuprofen, providing you have no allergies to these tablets. If you take these alternately you will be able to have pain relief every three hours. If you require anything stronger, then you would need to see your GP.
6. It may be helpful to start taking Arnica tablets for the week preceding the procedure and continue to take these for up to four weeks following this. This is a

herbal remedy which anecdotally does seem to reduce swelling and bruising.

7. Before and after the procedure we will give you some antibiotics as the biggest risk is always infection. We will also give you detailed instructions to follow to ensure that we can minimise the risk of any complications.
8. There is also a risk during the procedure that a small tear of the sinus membrane occurs - this is not of any particular consequence other than the graft material may not be contained. Very small tears we can often ignore or just repair. However in a worst-case scenario, we may decide to abort the procedure and allow the tear to heal before returning at a later date. Fortunately, this is a fairly rare occurrence.
9. It is not uncommon for patients to have a nose bleed following this procedure. During the first 2-3 days you may awake with a small nose bleed and whilst this should be reported to us, it is not something to be alarmed about.
10. If you have any questions please do not hesitate to contact us.
11. If your medical history should change at all before your implant procedure, please let us know.

IF YOU HAVE CHOSEN TO HAVE SEDATION.

BEFORE TREATMENT:

- Have a light meal prior to your treatment, but nothing to eat or drink in the 2 hours before your appointment.
- Do not drink alcohol for 24 hours prior to your appointment.
- Arrange an escort (an able bodied adult) who can take responsibility for you following your treatment. In some cases, this may be as long as the next 24 hours.
- You must consent to the planned treatment.

THE SEDATION APPOINTMENT:

- Arrive promptly for the appointment
- You must be accompanied by an able bodied adult who can take responsibility for you following your treatment. In some cases, this may be as long as the next 24 hours.
- Wear flat-heeled shoes, as you may feel unsteady on your feet.
- Wear comfortable loose fitting clothes with sleeves that can be rolled up.
- Do not wear nail varnish or heavy make-up.
- Avoid bringing valuables with you.
- Inform the dentist of any relevant medical history, checking any tablets or medicines that you are taking. If unsure please bring them with you.

AFTER TREATMENT:

- Return home with your escort by car or taxi if possible; then rest.
- You should not take responsibility for the care of others.
- Do NOT drive, operate machinery, use any domestic appliance such as a kettle or iron.
- Your ability to think clearly and make judgements may be effected, therefore you must NOT make any important decisions or sign any legal documents for 24 hours after your treatment.
- Care should be taken when making personal communication or using the internet.
- Do NOT drink alcohol or take sleeping tablets for 24 hours after your treatment.
- DO take any medication as prescribed.

If you require any further advice, please e-mail or telephone the Implant Clinic:

✉ willings@horburydentalcare.co.uk

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