



# Aftercare Following A Sinus Lift

Cornwall's Advanced Dental Clinic providing complex treatments like dental implants and cosmetic dentistry every day by highly skilled clinicians backed up by a fantastic qualified dental team.

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# Aftercare Following A Sinus Lift

You will always be given verbal and written **aftercare instructions** when you have surgery at **Pure Dental Health**, however, should you forget what you've been told or lose your written instructions you can check that you're doing all that you can to ensure a speedy and comfortable recovery by following the advice below.

- If you have had a sinus-lift procedure or implants placed in the upper back section of your jaw please clean very gently and rinse with the medicated mouthwash provided.
- Do not use a Waterpik/Air flosser, play with the area with your tongue, or eat hard or crusty foods.

## Other Points to Note

- Avoid flying for 2 weeks after your **dental surgery**.
- Avoid blowing your nose for 2 weeks after your surgery - this will help prevent infection.
- Sneeze through your mouth and not your nose.
- Avoid Strenuous Exercise for 2 weeks after the surgery (running/ gym).