

Sinus Graft Post-Surgical Instructions General Guidelines

1. Do not rinse or swish anything around in your mouth for 24 hours, (whatever you drink just swallow right down).
2. Begin Peridex rinses 24 hours after surgery, twice a day, until you are due back to have sutures removed. ½ ounce rinse for 30 seconds and gentle spit.
3. Do not drink anything from a straw. Anything that you normally drink that's hot, should be luke warm. (coffee, tea, etc....)
4. Do not eat or drink **ANYTHING** hot or warm for one hour after the surgical procedure. This allows the surgical dressing to harden completely.
5. Do not blow your nose for one week. A nasal spray will be prescribed to help clear your nasal passages.
6. No physical exercise for three days after surgery. Rest and take it easy for at least 24 hours.
7. Do not fly for 7-10 days.

Your medications were prescribed for your specific surgical procedure and reviewed with you – please take them as directed unless you develop a stomach problem or rash like reaction, in which case, **STOP** the medication and call the office. Do not consume alcoholic beverages and refrain from driving while taking the stronger pain medication. **Do not under any circumstances take any pain medications on an empty stomach.** A full meal is not necessary; you may consume light foods, (for example: soft bread, banana or yogurt).

If you have been given an antibiotic for your surgery, it is important to **FINISH** taking the medication completely as prescribed.

Should you develop canker sores, purchase over the counter ointments such as Zilactin or Cankaid for canker sores and Silactol or Orabase for cold sores. It takes about a week to go away.

REGARDING PAIN MEDICATION

1. Do not under any circumstances take pain medications on an empty stomach.
2. Do not mix pain medications, i.e.: do not take 2 different types of pain medications at the same time.
3. Absolutely **NO ALCOHOL** with pain medications.

The doctors are on call 24 hours a day. Contact our office if there is:
EXCESSIVE BLEEDING, SEVERE PROLONGED PAIN, ABNORMAL SWELLING OR A
SIZABLE LOSS OF THE SURGICAL DRESSING WHICH HAS RESULTED IN
DISCOMFORT.

**EMERGENCY NUMBERS TO CONTACT
DOCTORS DIRECTLY:**

Dr. Yamada:	312-740-4000
Dr. Gorin:	312-740-4001
Dr. Marinello:	312-740-4002
Dr. Rosen:	847-217-4780
Dr. Russo:	312-371-3654 Cell Phone
Dr. Brodala:	773-644-1422 Cell Phone

**These are pager numbers so please remember to
include your area code when leaving you number.**

For NON-EMERGENCY situations, please call the office:

Skokie:	847-675-7555
Chicago:	312-641-2572

Thank You.