

General health advice before, during and after implant placement

Instruction to patients after Sinus Lift/Augmentation

- Avoid blowing your nose for 2 weeks
- Sneeze through your mouth
- Avoid swimming or flying
- Report nose bleeds or sinus pain or swelling **IMMEDIATELY**

Nose bleeds or sinus pain

There is a small chance that a nose bleed may occur after the procedure. Should this happen sit upright and apply a cold compress. Above all **STAY CALM**.

- If you have any concerns, please telephone **IMMEDIATELY**

Typical healing patterns

There is a wide range of normal healing responses. Swelling is often worse by the 2nd or 3rd day and may persist for a few days.

If you are at all unsure or the swelling continues for more than a week you should contact the surgery immediately.

Cirencester Dental Implant Practice