

Sinus Precautions After Sinus Lift or Sinus Membrane Tear

These precautions help protect the sinus membrane and graft while early healing occurs.
Follow for 10–14 days (or as directed).

During a sinus lift (or if the sinus membrane is torn or injured during a surgical procedure), the area above your upper back teeth needs time to seal and stabilize. Pressure changes—like nose blowing or suction—can stress the membrane, disturb a graft, or contribute to a communication between the mouth and sinus.

Top priorities (most important):

- **Do not blow your nose.**
Why: Blowing increases sinus pressure and can disrupt early healing. Instead, gently dab as needed
- **Sneeze with your mouth open (don't pinch your nose).**
Why: Holding a sneeze spikes pressure inside the sinus.
- **Avoid straws, forceful spitting, and suction.**
Why: Negative pressure can stress the surgical site.
- **No smoking or vaping.**
Why: Delays healing and increases infection risk; suction can harm the site.

Helpful habits for comfort and healing:

- **Avoid heavy lifting/straining for 3–5 days.**
Why: Straining increases pressure and swelling.
- **Sleep with your head elevated 2–3 nights.**
Why: Elevation helps reduce swelling and pressure.
- **Ice for 24–48 hours (20 min on / 20 min off)**
Why: Cold therapy reduces swelling and improves comfort.
- **Take medications as prescribed**
Why: Helps prevent infection and keep swelling controlled.
- **If prescribed, use decongestant/nasal spray directed**
Why: Reduces congestion and the urge to blow your nose.
- **Brush gently; use rinses as directed -gentle swishing only**
Why: Protects the incision and early healing.

Call our office if you notice:

- Persistent nosebleed that won't slow.
- Air or fluid moving between mouth and nose.
- Increasing pain/swelling, foul taste/odor, or drainage.
- Fever > 101°F or worsening after initial improvement.

General education only. Your care plan may differ based on your anatomy and procedure