

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.

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

- Air or fluid moving between mouth and nose.
- Increasing pain/swelling, foul taste/odor, or drainage.
- Fever > 101°F or worsening after initial improvement.

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