

DR. CHARLES A. WHITE

Practice Limited to Periodontics

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SPECIAL POST-OPERATIVE INSTRUCTIONS FOR SINUS GRAFT PATIENTS

1. Treat with ice for the first 48-hours (30 minutes on /30 minutes off).
2. No blowing nose. Sniff back only and wipe end of nose.
3. No smoking for 48-hours.
4. Nose bleeds are normal and may occur up to several days following surgery.
 - Treat by leaning head back, apply ice and direct pressure.
 - Do not be alarmed by the presence of bone granules. Some drainage is normal from the nose and mouth, just wipe away.
5. Try to avoid sneezing, but if one comes on, sneeze through the mouth. Do not pinch nose.
6. Severe cheek swelling is also normal following this procedure. If eyes swell shut, please call our office at the phone number below.
7. Use over the counter Actifed or Sudafed for 1 week.

PROBLEMS/QUESTIONS: It is our sincere desire to have you comfortable as possible following periodontal surgery. Please don't hesitate to call us! Office phone: 479-631-6074. Dr. White's cell: 479-644-1087. Dr. White's home: 479-936-7087.