

**DRS' TRYLOVICH, GIFFORD, MANTOR, SWENSON**

CHARLESTON 702-259-1943 HENDERSON 702-750-9875 RAMPART 702-508-6714

**SINUS LIFT / SINUS PUSH POST SURGICAL INSTRUCTIONS**

1. Read and follow the instructions under '**Post Surgical Instructions**'.
2. You may experience mild to moderate nose bleeds on and off for at least the next 3 to 4 days. **This is normal.** If it becomes severe, **call our office! If it is after hours, see 'Emergency'**.
3. You may experience black and blue bruising, and for some patients it may almost cover one side of your face. **This is normal.** It will gradually fade on its own. We recommend that you continue the Arnica Montana for the next 7 days. It also comes in a gel or cream that you can apply to the outside of your face to help fade the bruising.
4. **NO vigorous, strenuous activities for the next 5 to 7 days!** This includes jogging, running, swimming, aerobics, cycling, physical sports, hiking, lifting weights, repetitive bending down or over, lifting heaving objects.
5. **DO NOT BLOW YOUR NOSE.** Use tissue to gently clean out or wipe. If you have to sneeze, **do not try to hold it in!** Use a napkin, towel, or your clothing to sneeze into with your mouth open to help prevent pressure to the sinus area.
6. **Emergency: Dr. Trylovich 702-324-1175    Dr. Gifford 702-686-3605**  
**Dr. Mantor 1-801-372-2501    Dr. Swenson 1-970-461-6132**