

SINUS LIFT

A sinus lift is a procedure for patients who have experienced loss of bone in their posterior upper jaw. Maxillary sinuses are located on top of your upper teeth and behind your cheek, and are air-filled spaces that are typically empty; however, the roots of some of your upper teeth will extend into this area. If these teeth are removed, the sinus cavity tends to drop into that space leaving only a thin layer of bone that separates the oral cavity and the maxillary sinus. If the maxillary sinuses are too close to the jawbone, it may not be possible to place dental implants because there is little bone for the implants to gain support and retention from. When this occurs, a sinus lift is performed, a procedure that involves moving the sinus membrane up. In doing so, a sufficient amount of space is created which will allow the bone graft to be placed and an implant to be supported.

Patients who meet the following criteria may be good candidates for a sinus lift:

- Missing significant amount of bone in back of jaw
- Missing one or more teeth in the back of your jaw
- Missing teeth because of a condition or birth defect
- Missing majority of maxillary teeth and desire dental implants

If it is determined that you are a good candidate for a sinus lift, there are several different approaches that can be taken to raise the sinus.

There are two approaches to a sinus lift that will be determined at your consult after your periodontist takes a 3-dimensional CT scan to evaluate your anatomy.

One of the most common approaches is a crestal approach sinus lift which involves “bumping” up the sinus at the same time of implant placement. This procedure is reserved for people that do not need a significant sinus lift, but rather only need a few millimeters of lift. Your periodontist will use special instruments to place a small amount of bone into the sinus at the same time they place the implant.

A second approach is reserved for patients that have severe atrophy of the bone and require significant bone for implant placement and stability. Your periodontist will make an incision in order to expose the bone. Next, your periodontist will access the sinus cavity laterally. Then, they will carefully and properly lift the sinus membrane so that the area below can be filled with bone grafting material. Once this step is completed and the area is filled, the incision is then closed so that the healing process can begin. It will typically take between six to nine months for the healing process and development of bone to occur, after which the implants will be ready to be placed.

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What to expect:

- Prescriptions
- Sensitive to temperature
- Mild/moderate discomfort
- Inflammation
- Sutures
- Possible nose bleed
- Swelling/bruising around adjacent areas
- Post-op appointments
- If you take ASPIRIN, continue to take it
- If you take blood thinning medications, please follow your periodontist and doctor's instructions on taking it prior to surgery

Pre op instructions:

- No caffeine the day of procedure
- No alcohol the day before and day of the procedure
- No smoking at least 1 week prior to and after procedure.

Post op instructions:

- Soft food diet following surgery; no carbonation
- No straws, spitting, hard swishing
- No bending down
- Avoid heavy lifting/exercise
- Avoid sneezing and blowing nose for at least 1 month
- Avoid airline travel for 2 wks
- No nasal lavage
- Be on a decongestant (Claritin D)
- Must maintain good oral hygiene
- Soft toothbrush use for the first week
- Ice pack for first 24 hours only
- StellaLife Rinse 3x a day until bottle is finished
- For pain control and reduction of swelling, take 600 mg Ibuprofen (this is 3 over the counter 200mg tablets), wait 3 hours then take 500mg Tylenol (1 over the counter tablet) and continue to alternate medications every 3 hours. If this does not control your pain, take the 600 mg ibuprofen and 500 mg Tylenol at the same time, every 6 hrs.
- If medications were prescribed, please follow the instructions on the bottle for their use.