ETOBICOKE PERIODONTICS

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INFORMED CONSENT FOR SINUS LIFT PROCEDURE

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PLEASE ASK IF YOU HAVE ANY QUESTIONS BEFORE SIGNING THIS DOCUMENT

PURPOSE OF THE PROCEDURE

A sinus lift bone graft is recommended when there is insufficient bone height in the upper jaw for successful implant placement. Bone graft material is placed beneath the sinus membrane to increase bone volume and create a stable foundation for dental implants. In some cases, dental implants can be placed at the same appointment as the sinus lift. In other cases, the implants are placed after 6–9 months of healing. If I wear dentures, I may be instructed not to wear them for 1–2 weeks and then use them cautiously during healing.

Grafting Materials : Bone graft and membrane materials may be from:

- My own bone
- Human donor bone
- Animal donor bone
- Synthetic substitutes

All materials are processed and sterilized to minimize risk of disease transmission.

I consent to the use of appropriate graft and membrane materials based on clinical judgment.

RISKS & POSSIBLE COMPLICATIONS

I understand that although sinus grafting has a high success rate, results cannot be guaranteed. Complications may include, but are not limited to:

General Surgical Risks

- Pain, swelling, bleeding, bruising
- Infection requiring medication or additional procedures
- Wound opening or delayed healing

Sinus-Specific Risks

- Sinus membrane tear requiring repair
- Post-operative sinusitis or nasal congestion
- Nosebleeds
- Communication between mouth and sinus (fistula)
- Reduced sense of smell (rare)

Graft-Related Risks

- Graft failure or inadequate bone growth
- Need for additional grafting procedures
- Mal-union or non-union of graft to bone

IMPORTANT:

Smoking, uncontrolled medical conditions, and poor oral hygiene significantly increase failure risk. In approximately 6-9 months after the bone graft has partially healed and integrated, a second procedure will be done to insert the implants into the upper jaw and the grafted material. In some cases, it is possible to insert the implants and graft the floor of the sinus simultaneously at the same operation. If applicable, I understand that I might be instructed to avoid wearing my denture(s) for 1-2 weeks after the surgery and then use them carefully for several weeks until healing is complete. It is understood that although the success rate of sinus bone grafting in implant dentistry is high, incorporation of the bone graft with my own bone cannot be and or not implied guaranteed or warrantable. There is also no guarantee against unsatisfactory or failed results.

I have been informed that I should avoid flying for the first 2 weeks after my sinus surgery (pressure changes experienced during flying may cause bleeding and discomfort) and avoid any strenuous activity for the first week.

PATIENT RESPONSIBILITES

For optimal healing, I agree to:

- Follow all pre- and post-operative instructions
- Take all prescribed medications
- Inform Dr. Chang if unexpected symptoms occur
- Avoid smoking (strongly discouraged for 6 weeks minimum)
- Avoid alcohol and recreational drugs during healing

Failure to comply may lead to infection or graft failure

ACKNOWLEDGMENT & CONSENT

✅ By checking each item, I confirm:

☐ I understand the purpose and nature of sinus lift bone grafting

☐ I understand the risks, benefits, and possible complications

☐ I understand alternative treatments (dentures, bridges, or no treatment)

☐ I understand that graft success and implant success cannot be guaranteed

☐ I consent to reasonable changes in treatment if clinically necessary

☐ I confirm that I have provided an accurate medical history

☐ I have had the opportunity to ask questions and they were fully answered

☐ I voluntarily consent to the recommended treatment

DATE: _____

PATIENT NAME: _____

SIGNATURE : _____

Provider Confirmation

I have explained the treatment, risks, benefits, and alternatives. I believe the patient understands the information provided.

Provider Signature (Dr. Jae W. Chang): _____

Date: _____

POST OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. Following periodontal surgery, you are likely to experience discomfort as the local anesthetic wears off. Please take the pain relief medication as prescribed.

2. Immediately following your operation, you should apply an ice pack to the surgical side of your face for the first 24 hours. Then on and off at 15 minute intervals.

3. Abstaining from smoking for 6 weeks following surgery will dramatically improve healing, post-operative convalescence and improve your surgical result. Smoking exerts profound negative effects on tooth survivability!

4. Please limit yourself to a soft diet initially and avoid hot foods for 2 weeks. As healing progresses, you may then eat any non-irritating foods.

Please Avoid :

- Smoking (minimum 6 weeks) — greatly increases risk of graft failure
- Hot foods/drinks (2 weeks)
- Straws or suction of any kind
- Disturbing the surgical dressing or graft site
- Alcohol for 48 hours
- Sucking, spitting, touching the area

Should significant bleeding occur:

- Do not rinse your mouth
- Apply pressure at the site with a moist gauze (palate or grafted site). Each compression with strong force minimum 15 min-20 min each without exchanging the gauze. Firm pressure for 3-5 min will not achieve anything.
- Elevate your head and do not lie down and please place a coversheet overnight in case of bleeding during sleep

5. The periodontal dressing, if placed, should not be disturbed. If the dressing falls off after the first 24 hours this is not a cause for concern. Simply continue with the post-operative protocol as recommended.

6. The roots of the teeth were uncovered during surgery. You may experience temporary sensitivity to hot and cold, to tooth brushing and to certain foods. Should these symptoms develop, please notify our office so that and a desensitizing treatment can be arranged and/or desensitizing medications prescribed.

Absolutely NO brush the surgical site for 2 weeks after surgery. After 2 weeks, you may gently and carefully brush only the top portion of the teeth (NEVER gum area). You can use a cotton tip dipping into the chlorhexidine rinse (if prescribed) or warm salt water and gently clean the teeth surface and where the gum meets the teeth minimally.

- No electric brush is allowed near the sites for 6 weeks.
- Normal brushing may resume in 3-4 weeks depending on healing process and tissue quality
- Once sutures are removed, very gentle brushing with a soft-bristle brush is required to prevent infection.

7. If a Chlorhexidine rinse (Peridex®) has been prescribed, rinse or swab the surgical site 3 times daily in the morning, midday and evening for 2 weeks following surgery.

8. Teeth near the surgical area may feel loose or sensitive — this will improve as healing progresses.

Should any issues or concerns arise, please call the office