

Sinus Lift

Overview

The maxillary sinuses are above the roots of the upper teeth. They are normally air filled spaces unless there is disease within the sinus. Some of the natural upper teeth extend into the sinuses. After teeth are lost in the area below the sinus the sinus lining descends and there is not enough bone to hold dental implants. In these circumstances a sinus lift and augmentation procedure is indicated. The augmentation can be from bone from your own body or synthetic bone.

Indication

Performed in order increase bone height of the upper jaw towards the back for the placement of dental implants

Who is the right candidate?

- Missing more than one tooth at the back
- Missing bone at the back of your jaw
- Require support for dental implants

Preparation

Can be done under local or intravenous sedation in the dental practice or under general anaesthetic in the hospital.

What to expect after sinus lift?

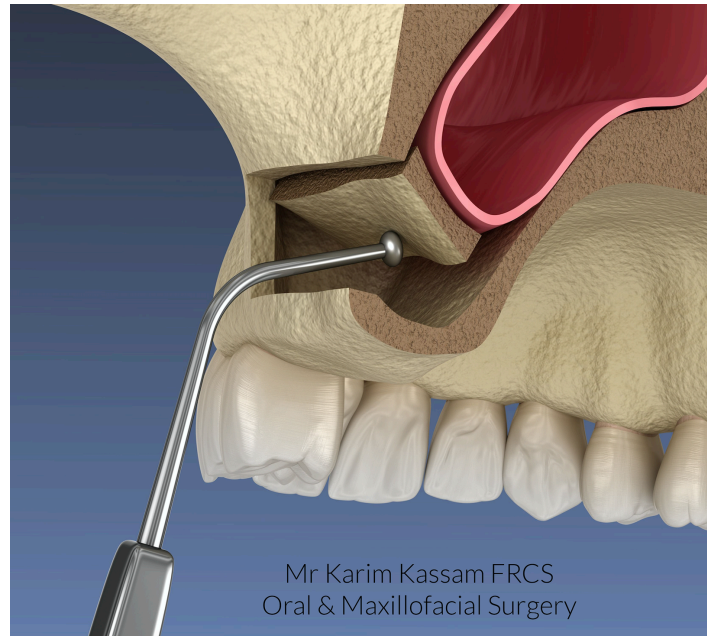
Sinus lift surgery usually causes only mild to moderate postoperative pain and swelling. Soft diet is employed for a week and standard analgesia and antibiotics. Nose blowing should be avoided if possible for 2-3 weeks post surgery to protect the sinus graft from trauma.

Risks

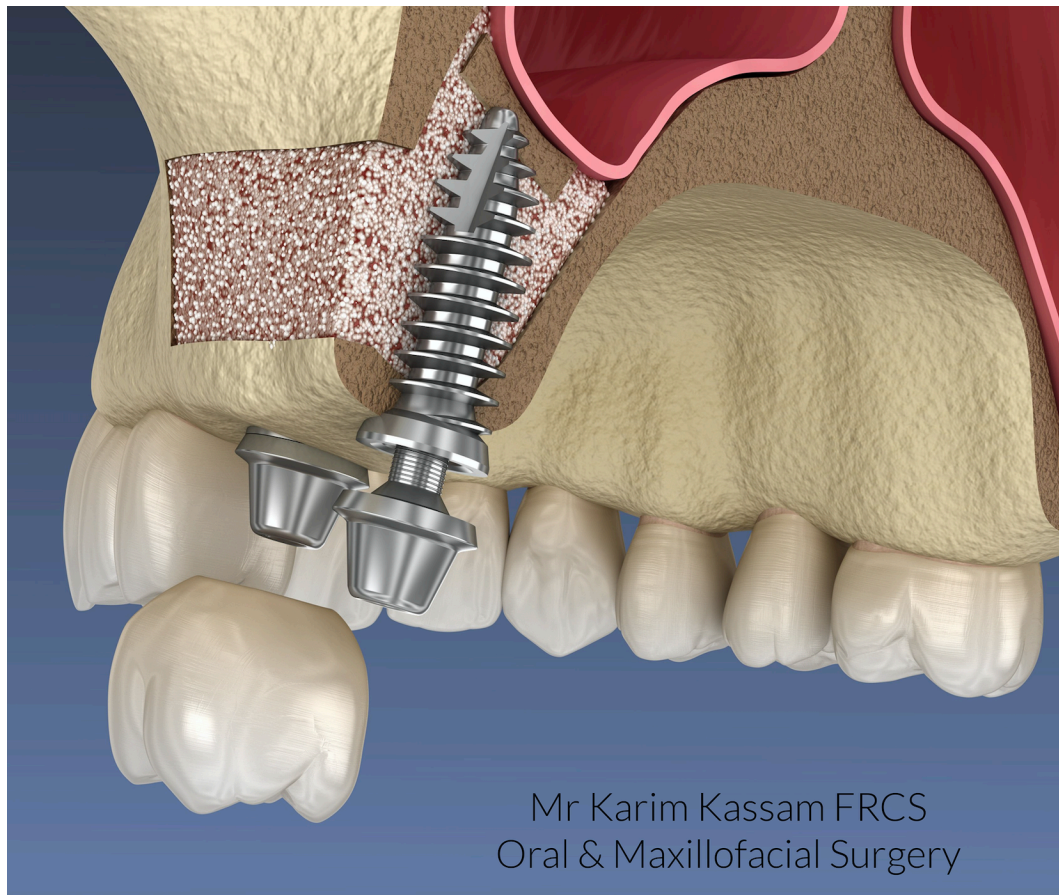
General risks are pain, bleeding, swelling, infection and temporary numbness to the face. There is always a small risk of bone graft failure in the ballpark figure of 1-2%.

How is it done?

Most commonly, a small incision is made on the premolar or molar region to expose the jaw bone. A small opening is cut into the bone, and the membrane lining the sinus is pushed upward. The underlying space is filled with bone grafting material, either from your own body or from another source. The incision is sutured and the healing process begins. After several months of healing, the bone becomes part of the patient's jaw and dental implants can be inserted and stabilized in the newly formed sinus bone.



ELEVATION OF BONE & SINUS LIFT



INSERTION OF BONE GRAFT AND PLACEMENT OF DENTAL IMPLANTS