



## Patient Information Leaflet

# Sinus Lift

Cork University Dental  
School & Hospital



This leaflet has been designed to explain a sinus lift and it contains answers to many frequently asked questions. If you have any other questions that the leaflet does not answer, or if you would like further information, please ask us.

### **What is a sinus lift and why do I need one?**

Some people who want to have dental implants do not have enough jaw bone to hold the implant securely. A sinus lift is surgery that adds bone to your upper jaw in the area of your back teeth, to allow an implant to be placed. The bone is added between your jaw and the sinuses, which are air pockets on either side of your nose. To make room for this extra bone the lining of the sinus has to be moved upwards - "lifted."

### **How is sinus lift surgery done?**

The surgery is normally done under general anaesthetic (completely asleep) as a day case (in and out of hospital on the same day). Your surgeon will make a cut in the gum where your back teeth used to be. A small window is then opened in the bone. The lining of the sinus is gently pushed up and away from your jaw. Granules of bone-graft material are then packed into the space between the sinus lining and the jaw bone. Once the bone is in place the gum is closed with dissolvable stitches.

### **What type of bone is used?**

Bio-Oss is a bone substitute material used in sinus lifts. This artificial bone comes from bovine (cattle) bone which has been treated to make it safe for use as a bone substitute in humans. If you have any concerns about this, please discuss them with your surgeon.

### **What are the risks?**

As with all surgery there is a risk of pain, swelling, bruising, bleeding and infection.

Other risks include -

- Your sinuses may feel "full" or "blocked" for some weeks after the surgery.
- The graft may fail and there may not be enough bone to take implants. In this case further grafting may be necessary.
- The risk of failure is higher in some people, especially in smokers. Your surgeon will tell you if they think your risk of failure is higher than normal.
- If implants are not placed at the right time the graft may be absorbed by your body.

### **What happens next?**

In most cases the graft will be left alone for 6 months. This allows the graft to blend fully with your own bone. Surgery is then carried out to insert the dental implants.

This leaflet is available online at <http://www.ucc.ie/en/dentalschool/patients>