



# Sinus Lift

A Key Step Toward Restoring Your Smile



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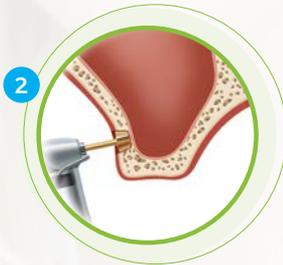
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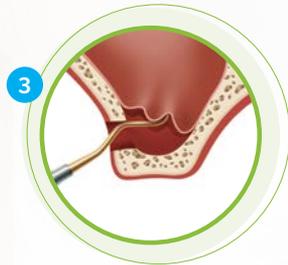
## What Can I Expect From A Sinus Lift Procedure?

There are different approaches to doing a sinus lift procedure. In general, Your procedure will depend on the amount of bone you have left. Prior to your procedure, your doctor will go over any pre-operative instructions you should follow, as well as any specifics about the surgical process. The following general steps may be included:

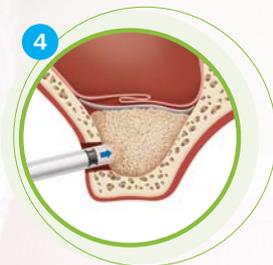
**1** A local anesthetic is applied to the surgical site.



An opening is created in the bone to access the sinus cavity.



The sinus is gently lifted using a small instrument.



Grafting material is placed beneath the sinus membrane alongside the existing bone. The grafting material is then stabilized with a protective membrane and the gum tissue is closed with stitches.



Depending on the procedure you need, sometimes the implant can be placed simultaneously with the Sinus Lift. Otherwise your doctor will allow approximately 4 to 9 months for healing before implant placement.



## Where Does Bone Grafting Material Come From?

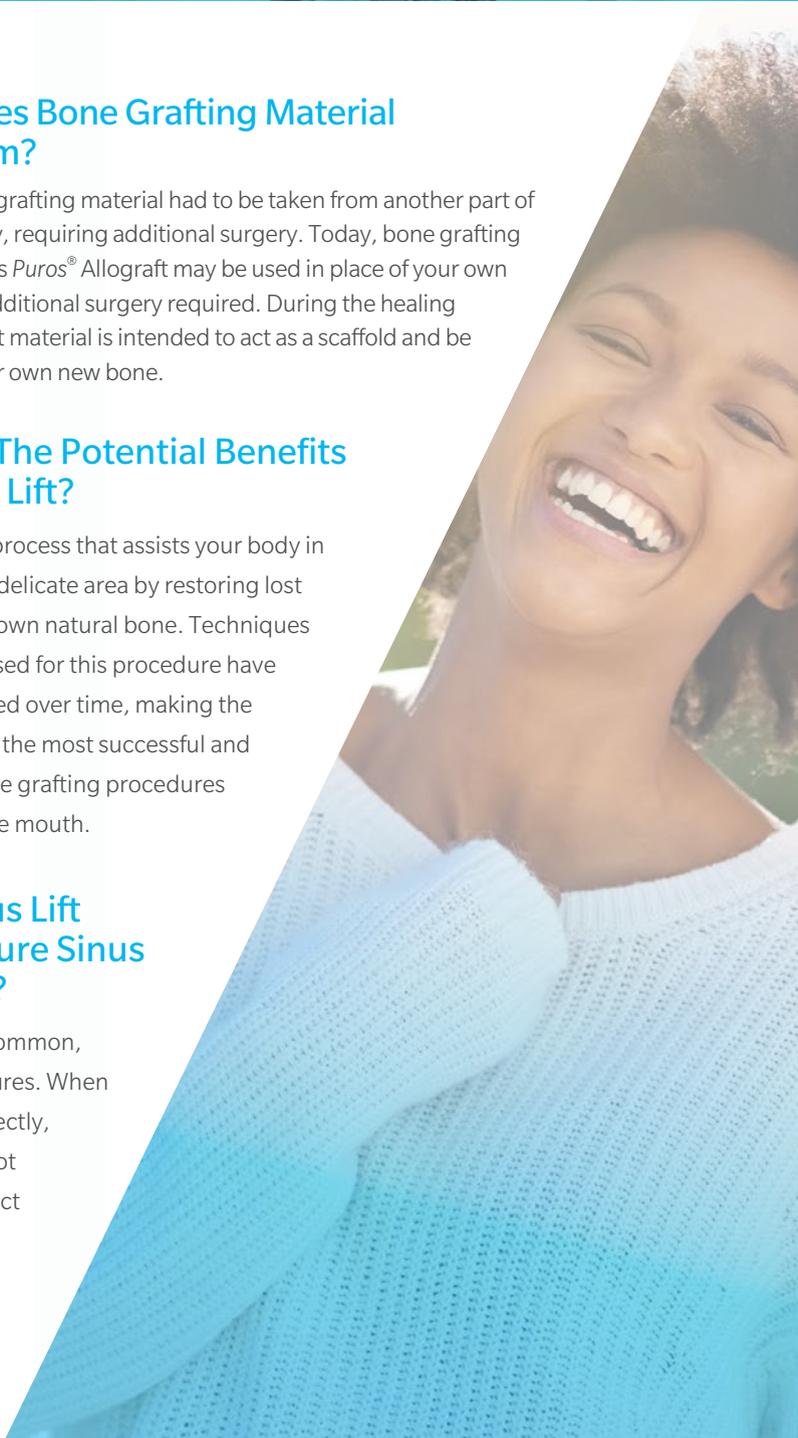
For years, bone grafting material had to be taken from another part of your jaw or body, requiring additional surgery. Today, bone grafting materials such as *Puros*<sup>®</sup> Allograft may be used in place of your own bone, with no additional surgery required. During the healing process the graft material is intended to act as a scaffold and be replaced by your own new bone.

## What Are The Potential Benefits Of A Sinus Lift?

A Sinus Lift is a process that assists your body in rehabilitating a delicate area by restoring lost bone with your own natural bone. Techniques and materials used for this procedure have steadily improved over time, making the Sinus Lift one of the most successful and predictable bone grafting procedures performed in the mouth.

## Will A Sinus Lift Cause Future Sinus Problems?

Sinus Lifts are common, routine procedures. When performed correctly, Sinus Lifts are not expected to affect your sinuses, breathing or allergies.

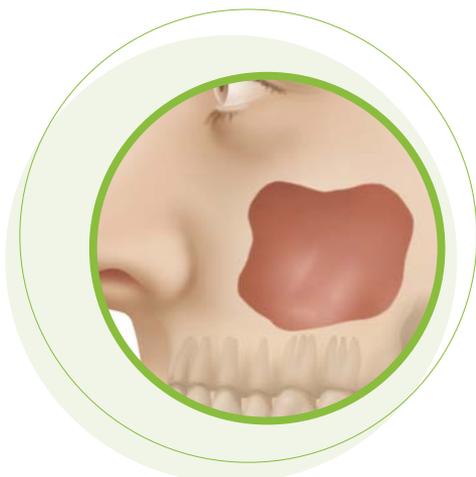


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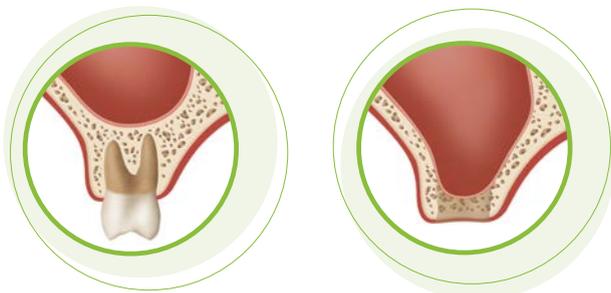
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## Why Do I Need A Sinus Lift Procedure?

A Sinus Lift is often required as a first step when placing a dental implant in the back of your upper jaw. When upper back teeth are lost, bone in that area naturally shrinks or resorbs over time. Consequently, your sinus membranes expand to occupy the empty space where the bone used to be. When there is insufficient bone available to securely place a dental implant, the sinus membrane must be lifted in order to create space for placing additional bone in that area.



Generalized Structure Of Sinus



Bone Resorption After Tooth Loss

Not all patients are candidates for this procedure. Only your doctor can determine the treatment appropriate for your specific condition. Appropriate post-operative activities and restrictions will differ from patient to patient. Talk to your doctor about whether a sinus lift is right for you and the risks of the procedure, including the risk of wear, infection, loosening, breakage or failure. For additional information, visit [www.zimmerbiometdental.com](http://www.zimmerbiometdental.com).



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Zimmer Biomet Dental  
Global Headquarters  
4555 Riverside Drive  
Palm Beach Gardens, FL 33410  
Tel: +1-561-776-6700  
Fax: +1-561-776-1272

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