

## 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.

### ADDITIONAL POTENTIAL BENEFITS MAY INCLUDE:

- Reduced chance of damage to the sinuses during implant placement
- Regrowth of your own new bone to restore lost bone
- Creation of a suitable environment for implant placement

### 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.

### NOTES

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While this brochure is designed to address some of the frequently asked questions about a Sinus Lift, your doctor remains your best source for information regarding Sinus Lifts and whether this procedure is right for you. Your doctor will advise you on specific procedural expectations, warnings, risks, contraindications and potential adverse effects associated with the Sinus Lift procedure. Additional information regarding *Puros* products, including instructions for use, may be found at [www.zimmerdental.com](http://www.zimmerdental.com). Your doctor will provide you with individual post-operative care instructions and will answer any additional questions or concerns you may have regarding the procedure.



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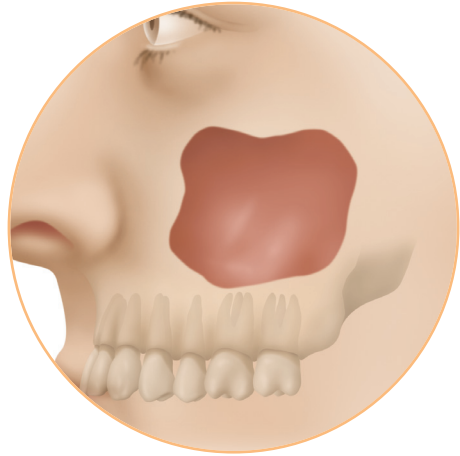
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Puros Allografts are manufactured by RTI Biologics, Inc. and marketed by Zimmer Dental Inc.

**SINUS LIFT:**  
A KEY STEP TOWARDS RESTORING YOUR SMILE

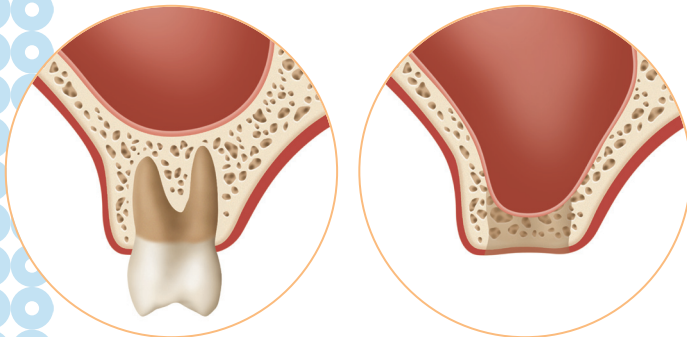


## WHY DO I NEED A SINUS LIFT PROCEDURE?

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 sinuses expand to occupy the empty space where the bone used to be. Because there is insufficient bone available to securely place the dental implant, the sinuses must be lifted in order to create space for placing additional bone in that area.



The structure of the sinuses

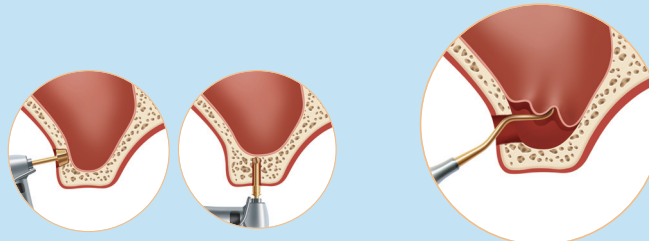


Bone loss

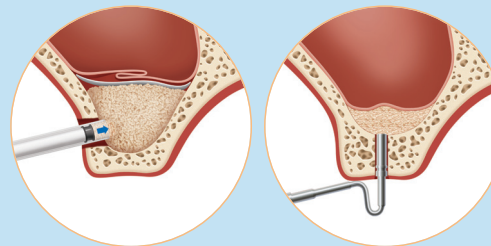
## WHAT CAN I EXPECT FROM A SINUS LIFT PROCEDURE?

There are two types of Sinus Lift procedures available. 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:

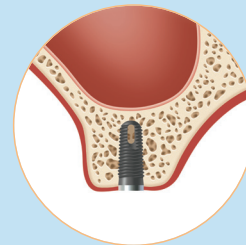
- 1 A local anesthetic is applied to the surgical site.



- 2 A small opening is created in the bone to access the sinus cavity.
- 3 The sinus is gently lifted using a small instrument.



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



- 6 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 GRAFTED BONE COME FROM?

For years, the grafted bone needed during a Sinus Lift procedure had to be taken from another part of your jaw or body, requiring additional surgery. Today, bone grafting materials such as *Puros*® Allografts 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 PUROS ALLOGRAFTS?

*Puros* Allografts are bone grafting materials made from donated bone particles that have been refined through the proprietary, multistep *Tutoplast* sterilization process. This process assures the highest standard of safety and quality with minimal risk of disease transmission. The result is safe, biocompatible grafting material. For over 35 years, *Tutoplast*-processed grafts have been safely used in more than three million procedures.