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Post-Op Instructions

Bone Grafts with Guided Tissue Regeneration:

VERY IMPORTANT—ABSOLUTELY NO BRUSHING, FLOSSING OR TOOTHPICKING IN THE BONE GRAFTING AREA FOR SIX WEEKS

After Bone Grafting surgery there will be a pink packing placed over the surgical site for approximately 4 ½ weeks, at that time I will remove the packing and will determine if I need to repack the area for an additional 2 weeks. During this time you will also be asked to use Peridex a antibacterial rinse, twice a day to help prevent plaque build-up. It is best to use Listerine on plaque free roots prior to rinsing with the Peridex as this will minimize any staining that might occur from the Peridex. It is very important to make sure all other non-surgical sites are thoroughly brushed and flossed prior to using the Listerine and Peridex rinses.

After 6 weeks you can begin gentle brushing and using a rubber tip at a 45 degree angle in the surgical site. Use the rubber tip for about 1 ½ weeks and then I will show you how you should be tooth picking in these areas. Remember—NO tooth picking in any of your anterior teeth (your front teeth from your canine to canine on the upper and lower teeth).

Your gum tissues for the first couple of months will be lower, therefore it is important that you will need to do your homecare; especially tooth picking as your tissues will want to attempt to over grow in the first 4-6 months following surgery.

Osseous Surgery:

After osseous surgery you will also have the pink packing placed over the surgical sites for approximately 10-14 days; at that time I will remove the packing and sutures. If the packing should come off before your next post-op appointment, *don't worry*. Just continue your warm salt water rinses as normal. Once all packing and sutures are removed you will begin rubber tipping between your teeth for about 1 ½ weeks, and then resume your tooth picking as normal.

Gingival Grafts:

There will be a pink packing placed over your gingival grafts which will remain for 14 days. If the packing comes off prior to your post op appointment, please give me a call so I can determine whether you will need to come in and get repacked or if enough time has passed where there isn't a need to repack the area. The gingival grafts will adhere within the first 48 hours, so don't worry if the packing has come off after several days. Important to call me though so I can make sure we achieve the optimal results for you.

Bleeding:

It is normal to have some bleeding after surgery; however, if bleeding continues or you develop a blood clot please give me a call. The following is a technique I would like you to use if you have a blood clot or an area that continues to bleed.

1. Take 2 Tetley Teabags (not herbal type)
2. First wipe away the blood clot with a Kleenex
3. Wet the Teabags and place one on the cheek side and one on the tongue side of the area that is bleeding and with your index finger and thumb hold the teabags with pressure for 20 minutes. DO NOT release the pressure and check the area until the 20 minutes is over. If you put pressure and release every few minutes you will actually cause it to bleed more as that will act like a pump, so just make sure to hold steady pressure for 20 minutes. The pressure acts like a tourniquet and the tannic acid in the teabag helps the blood to clot.
4. After 20 minutes if it is still bleeding or another blood clot has developed, then repeat the procedure with two fresh tea bags.

Please call me though so I make sure everything runs smoothly for you.

Medications:

It is very important that you stay on your prescribed antibiotics as directed. For women, I also recommend that you eat yogurt (not frozen) every day to reduce the chance of getting a yeast infection from taking the antibiotics.

Make sure you take your pain medication as needed, especially right after the surgery. Do not wait for the numbness to wear off and then decide to take your pain medication. If you take it in the beginning and then as needed once all the numbness has dissipated then you will be very comfortable.

If you follow your post-op instructions accordingly you will usually have very little problems post surgically. I am always here to help or answer any questions or concerns you may have, so please don't hesitate to contact me anytime. Again, my pager number is 619-969-0876; my cell is 858-437-4537. If for some reason you can't reach me, please call my clinic coordinator at 858-568-8941 and she will be able to help you with any of your needs.