

**DRS' TRYLOVICH, GIFFORD, MANTOR, IRVING**

CHARLESTON 702-259-1943 HENDERSON 702-750-9875 RAMPART 702-508-6714

**POST SURGICAL INSTRUCTIONS FOR:**

**OSSEOUS SURGERY WITH OR WITHOUT BONE GRAFTING**

**EXTRACTION(S) WITH OR WITHOUT BONE GRAFTING**

1. Read and follow the instructions under '**Post Surgical Instructions**'.
2. Sutures have been placed to keep the gum tissue in place and help the tissue and the surgical site heal properly. You will return to the office in approximately 2 weeks to have the sutures removed. If an appointment was not made for you, please call our office. If your sutures fall out after 4 or 5 days after your surgery, this is ok. You will not need to come back to have them replaced.
3. If you had a 'membrane' placed in the surgical site, the doctor will remove this at a later date. It resembles a white looking strip of sponge that is placed inside the surgical site and covered by the gum tissue. This helps with bone regeneration. At your 2 week post op visit, you will most likely be given another appointment to have this removed. If it works its way half way out or completely out of the surgical site before your appointment to have it removed, call our office for further instruction. If you see pus or begin to have a sour taste in your mouth, please call our office, or if it's after hours, see '**Emergency**'.
4. **Avoid** vigorous, strenuous activity for the next 5 to 7 days. Eat soft foods at least for the first 2 weeks. **DO NOT EAT** nuts, seeds, popcorn, chips, tough, chewy, crunchy, sticky foods until the surgical area has **completely healed**.
5. **Emergency: Dr. Gifford** 702-686-3605 **Dr. Mantor** 1-801-372-2501  
**Dr. Irving** 850-381-2660