



RIDGE AUGMENTATION via BONE GRAFTING (GBR)

A dental bone graft is a procedure that is performed for patients who require a dental implant for their missing teeth, but do not currently have a sufficient amount of jawbone to support the implant. Jawbone deterioration can occur for a variety of reasons, including congenital defects, gum disease, infection, trauma, or loss of teeth for a prolonged period of time. Strategic placement and securing of bone graft material will typically result in the development of a sufficient foundation within three to nine months. There are a variety of materials that can be used for the bone graft. Which material will be used for your bone graft will be based upon the particulars of your case. Most commonly, your periodontist will use a graft made of bone from a cadaver.

On the day of your bone graft your doctor will get you numb using a local anesthetic. Once you are properly numbed, your periodontist will make an incision in your gum in order to access the bone. Next, grafting material is placed, and is then typically covered by a collagen membrane which will promote growth and protect the bone graft. As the area continues to heal, the bone will become denser. Within a few months you will have enough bone to support a dental implant.



RIDGE AUGMENTATION via BONE GRAFTING (GBR)

What to expect:

- Prescriptions
- Sensitive to temperature
- Mild/moderate discomfort
- Inflammation
- Sutures
- Post-op appointments
- If you take ASPIRIN, continue to take it
- If you take blood thinning medications, please follow your periodontist and doctor's instructions on taking it prior to surgery

Pre op instructions:

- No caffeine the day of procedure
- No alcohol prior to procedure
- No smoking before or after procedure

Post op instructions:

- Soft food diet following surgery; no carbonation
- No straws, spitting, hard swishing
- Avoid heavy lifting/exercise
- Must maintain good oral hygiene
- Soft toothbrush use for the first week
- Ice pack for first 24 hours only
- StellaLife Rinse 3x a day until bottle is finished
- Over the counter pain medication as needed