



RIDGE AUGMENTATION (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.

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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

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
- For pain control and reduction of swelling, take 600 mg ibuprofen (this is 3 over the counter 200mg tablets), wait 3 hours then take 500mg Tylenol (1 over the counter tablet) and continue to alternate medications every 3 hours. If this does not control your pain, take the 600 mg ibuprofen and 500 mg Tylenol at the same time, every 6 hrs.
- If medications were prescribed, please follow the instructions on the bottle for their use.

Pre op instructions:

- No caffeine the day of procedure
- No alcohol the day before and day of the procedure
- No smoking at least 1 week prior to and after procedure.