

Bone Graft for Oral Surgery: Patient Information

What is a Bone Graft? A bone graft is a procedure used to rebuild or enhance bone volume in the jaw. It creates a strong foundation to support dental implants or strengthen areas affected by bone loss.

Why Might You Need a Bone Graft?

- Preparing for dental implants
- Supporting teeth affected by gum disease
- Restoring bone loss after tooth extraction or injury
- Improving the jaw's structure and appearance

Sources of Bone Grafts:

- **Your Own Bone (Autograft):** Bone taken from another area in your body.
- **Donor Bone (Allograft):** Human bone from a tissue bank.
- **Animal Bone (Xenograft):** Usually cow bone, carefully processed and sterilized.

Types of Bone Graft Procedures:

- **Socket Preservation:** This procedure is performed immediately after tooth extraction to maintain bone volume in the empty tooth socket, preventing significant bone loss.
- **Ridge Augmentation:** This treatment rebuilds the shape and height of the jawbone, preparing it for successful dental implant placement. This may be accomplished with a membrane or titanium mesh that is removed during a healing period 6-9 months.
- **Sinus Lift:** A procedure that increases bone height in the upper jaw by lifting the sinus membrane and placing graft material, creating enough space and bone stability for implants.

What Happens During the Procedure?

- Your surgeon will numb the area with local anesthesia, sedation, or general anesthesia for your comfort.
- The graft material is placed into the targeted area.
- Your gums are closed with stitches to allow healing.

Recovery and Aftercare:

- You may experience mild discomfort, swelling, or bruising—this is normal.
- Take prescribed medications as directed to manage discomfort.
- Follow dietary guidelines; soft foods are recommended initially.
- Practice good oral hygiene as instructed to ensure proper healing.
- Avoid strenuous activities for a few days post-surgery.

Possible Risks:

- Infection (rare but manageable)
- Graft rejection or failure (uncommon)
- Temporary discomfort or swelling

Benefits of a Bone Graft:

- Provides a stable foundation for dental implants.
- Enhances your oral health and overall dental function.
- Improves the appearance and structure of your jaw and face.

Questions? Please reach out to our office with any concerns or questions you have. We're here to guide you through every step of your oral health journey.

[Your Practice Name and Contact Information]