

Socket Preservation Informational Handout

Thank you for choosing our practice for your extraction and socket preservation procedure. This handout provides essential information about socket preservation, why it's necessary, what to expect, potential risks, and the recovery process.

What is Socket Preservation?

Socket preservation is a dental procedure performed immediately after tooth extraction to preserve bone structure and gum tissue. This involves placing bone graft material into the empty tooth socket to minimize bone loss and maintain the site for future dental implant placement.

Why is Socket Preservation Needed?

- Prevents significant bone loss that naturally occurs after tooth extraction.
- Maintains the shape and strength of the jawbone.
- Provides optimal support for future dental implants.
- Enhances aesthetic outcomes by preserving gum tissue and bone.

How is Socket Preservation Performed?

1. **Tooth Extraction:** The tooth is carefully removed to minimize trauma to surrounding tissue.
2. **Bone Graft Placement:** Bone grafting material is placed directly into the empty socket. The bone graft is derived from human or animal donor sources.
3. **Membrane Application:** A protective membrane may be placed over the graft to encourage proper healing.
4. **Closure:** The site is typically closed with dissolvable stitches.

Recovery Process

- **Initial Healing (1-2 weeks):** Mild discomfort, swelling, and bruising are normal. You may notice a few particles of the bone graft come out during the initial healing process.
- **Diet:** Stick to soft foods for the first week; gradually reintroduce regular foods.
- **Oral Hygiene:** Avoid brushing the surgical site for the first few days. After 24 hours, rinse gently with warm salt water (½ teaspoon salt in 8 oz of water).
- **Activity:** Avoid strenuous activities and heavy lifting for at least one week.

- **Follow-Up Appointments:** Attend any scheduled follow up appointments to monitor healing.

Potential Risks and Complications

- Infection or inflammation
- Swelling and bruising
- Bleeding or discomfort
- Graft failure or delayed healing
- Temporary numbness or sensitivity