



Ridge Grafting Instructions

Ridge grafting is a procedure in which bone graft material is used to add width and height to an existing area that has undergone atrophy (shrinking bone).

Graft Material

The graft material is typically made of grain like particles. These grafts are usually over-packed with excess material. Therefore, gritty graft particles can fall away from the site and can feel like sand in your mouth. This is normal and not cause for concern.

Membrane

A membrane is a barrier that is used to cover the graft initially under the gum. The membrane is made of a collagen sponge or a titanium mesh and helps to stabilize the graft. It is common for some of the membrane to become exposed during your recovery. If it does please make sure to keep it clean and inform our office to schedule an evaluation by your surgeon.

Maturation

The graft "matures," or hardens into your own bone, over a period of 6-12 months. A final evaluation for an implant will be scheduled once your graft has matured.

Post-operative care and hygiene are very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully. Common sense will often dictate what you should do.

Intense swelling is very common with this procedure. Please follow the General Post-Operative Instructions to minimize swelling. If your own bone was taken from another surgical site, this area might swell as well.

In some cases, discoloration of the skin follows swelling. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur in the first week after surgery. Moist heat applied to the area may speed up the removal of the discoloration.

Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event, which will resolve in time. The application of heat and gentle stretching after 72 hours will help improve this symptom.

If a temporary partial denture or a flipper was placed in your mouth, you may have to see your restorative dentist to have it adjusted and learn how to remove and replace it appropriately. The temporary should be used for social appearances and left out of your mouth while eating and at night. Please make sure any appliance or prosthesis is putting zero pressure on the surgical wound as this can negatively impact healing.

Each case will differ, no two cases are alike. Do not accept well-intended advice from friends. If you have any questions or concerns, please discuss them with our office. We are here to support and help you throughout your recovery.

THE ABOVE INSTRUCTIONS ARE PROCEDURE SPECIFIC AND ACCOMPANY THE GENERAL POST-OPERATIVE INSTRUCTIONS