



Extraction with Socket Grafting Instructions

Socket grafting is a procedure in which bone graft material is used to fill a tooth socket after a tooth is removed. The graft material is typically made of grain like particles. These grafts are usually over-packed with excess material. Therefore, gritty graft particles fall away from the socket and can feel like sand when you bite. This is normal and not cause for concern.

A thin collagen sponge and dressing is used to cover the graft initially. This helps stabilize the graft. It is very common for this membrane to come off within 5 days leaving some of the graft exposed.

Vigorous rinsing should be avoided for the first week so that the graft material is not washed away.

The graft "matures," or turns into your own bone, over a period of 3-6 months. A final evaluation for an implant will be scheduled once your graft has matured.

Post-operative care is 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.

Oftentimes the after-effects of extraction surgery are quite minimal, so not all of the instructions may apply. However, when in doubt, follow these guidelines or call our office as some procedures are more extensive than others.

A certain amount of bleeding is to be expected following surgery. Bleeding is controlled by applying pressure, by mild to moderate bite force, using a small rolled gauze for a 60-minute period. After that time, remove the gauze, and then you may eat or drink. Repeat if necessary. Please be sure to follow the detailed instructions in the General Post-Operative Instructions. If bleeding persists beyond these measures, call our office.

If a 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. Care instructions for the removable temporary should be provided by your dentist. Any adjustments in your bite, or any adjustments required for additional comfort, will also be managed by your restorative dentist.

Swelling is common with this procedure. Typically, the swelling will peak at 3 days after surgery. Please follow the General Post-Operative Instructions to minimize swelling. 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.

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