

THESE ARE PROCEDURE-SPECIFIC INSTRUCTIONS THAT ACCOMPANY THE "POST-OPERATIVE INSTRUCTION" BROCHURE

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## SOCKET AND AUGMENTATION GRAFTING

Socket grafting is a procedure in which bone graft material is used to fill a tooth socket after a tooth is removed. An augmentation graft is a similar procedure which adds width and height to an existing area which has undergone atrophy (shrinking bone).

**Graft material:** The material is either donated bone or synthetic bone. 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.

**Membrane:** A membrane is a thin collagen sponge that is used to cover the graft initially. This helps stabilize the graft. It is very common for this membrane to come off within 1-3 days.

**Maturation:** The graft "matures" or turns into your own bone over a period of 3-6 months. An implant appointment will be scheduled once your graft has matured.

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## SINUS GRAFT PROCEDURE

A sinus graft procedure adds bone and bone graft materials to the bottom of the maxillary sinus. This is usually completed by accessing the sinus from an incision in the mouth.

**Nasal sinus precautions:** Activities that increase sinus pressure must be avoided. This includes the use of straws, not blowing your nose, and not "holding in" sneezes. If you have sinus congestion, "over the counter" oral decongestant medications, such as Sudafed, may have been advised. If you have high blood pressure or take blood pressure medications, check with your physician before taking decongestants.

**Nasal drainage:** Blood may have seeped into your sinus. This will naturally drain out into your nose. It is common to have dark nasal drainage within 2 weeks of the procedure. This will either drain down your throat or from your nose.

**Bruising and swelling:** Bruising and swelling are very common with this procedure. If your own bone was taken from another surgical site, this area may swell and/or bruise as well.

**Maturation:** The sinus graft "matures" or turns into your own bone at approximately 3-6 months. An implant appointment will be scheduled once your graft has matured.

