



Information Sheet for Ridge Preservation Surgery

FAQ's

1. *How long does a ridge preservation procedure take?* The extraction of the tooth and the placement of the graft materials takes approximately 60 minutes. Naturally, the exact length of time will vary from case to case. The stitches are removed 7-10 days later in a 10 minute visit. One or two ten minute check-up visits may be scheduled to ensure the area has healed correctly and an x-ray will be taken a few months later to evaluate the amount of new bone growth.
2. *Will the ridge preservation procedure hurt?* Only local anesthetic is necessary to perform an extraction and ridge preservation procedure. During the visit you feel nothing since the area is numb. When the local anesthetic wears off there will be some mild discomfort. Medication will be prescribed to control any discomfort you might experience. This procedure will not cause you to miss work, etc.
3. *Does the barrier which will be placed to accomplish the ridge preservation remain in my mouth?* If a dissolving type of membrane is utilized, it will be gone around 4-6 weeks after the procedure. If a non-dissolving membrane is used it will be removed at the time of implant placement or earlier in a 15 minute procedure.
4. *What is the cost of the procedure?* The cost of the ridge preservation procedure will vary with the situation. However, the Doctor will ensure that this matter is discussed with you thoroughly before proceeding with any treatment.
5. *How well does a ridge preservation procedure work?* The ridge preservation procedure is very predictable. The procedure rebuilds damaged bone, resulting in improved aesthetics, continued health of the adjacent teeth, and the establishment of adequate bone for implant placement, if necessary.

PRE-SURGICAL RECOMMENDATIONS AND INFORMATION

Please read the following carefully prior to your surgical appointment:

1. Have a quiet, restful evening before your surgical appointment.
2. Unless instructed otherwise, have a good meal prior to your appointment.
3. Wear a blouse or shirt with short sleeves, or with sleeves which can be rolled up to accommodate a blood pressure cuff.
4. If pre-medication has been prescribed to make you feel more relaxed during the surgical appointment (e.g., Ativan), you must have someone bring you to your appointment and accompany you home. You cannot drive a motor vehicle for the rest of the day.
5. If pre-surgical antibiotics (e.g., Penicillin or equivalent) have been prescribed for you due to medical reasons, please be sure to take them as directed.
6. Ideally, you should return home immediately following the surgical appointment, take any prescribed analgesic and/or antibiotics, and use an ice pack as directed in the post operative instructions. Physical activity and talking should be kept to a minimum for the rest of the day.
7. You may return to work the day following surgery. However, if your work involves physical labor, it is suggested that you try to work at a somewhat slower pace.
8. It is suggested that you do no physical exercise during the first post-operative week to avoid any possible complications.
9. It is preferable that you do not fly in a commercial airplane during the first 4 to 5 days after the surgery.
10. If possible, do not have the surgical treatment less than 1 to 2 weeks prior to an important business or social event.
11. Flying is restricted to 3 weeks after a sinus procedure.

Please do not hesitate to ask any questions regarding the above.