

The Dental *Examiner*

ORAL HEALTH CARE PROFESSIONALS, LLC

Jeffrey S. Wascher, DDS

Eric G. Jackson, DDS, MAGD, FICOI, FICD, FADI

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Bone/Socket Grafting: An Overlooked Advancement

By: Eric G. Jackson, DDS, MAGD, FICOI, FICD, FADI
DrEric@OralHealthCareProfessionals.com
Twitter: @EJacksonDDS

Over the past several decades there have been numerous amazing advancements in modern dentistry. Cone-beam CAT scans, lasers, “invisible” orthodontics, and metal free ceramic crowns are just a few such leaps forward that garner quite a bit of publicity. Another advancement that rarely gets the press it deserves is the ability for modern dentists to regenerate and grow new bone through grafting procedures. This process can have a profound effect on the present and future treatment of a patient. While there are a variety of different grafting procedures, the focus of this article will be limited to socket grafting at the time of tooth extraction.

When a tooth is removed, the “hole” that remains is referred to as a socket. I advise my patients that in most cases, whenever a non-wisdom tooth is removed, something should fill the socket the same day. This is typically either a socket graft or an immediately placed implant. Empty spaces in the mouth are almost never a sound choice. You

would never want to leave a cavity “unfilled” and everyone has seen the shifting/drift of the teeth caused by a missing tooth over years. When a tooth is removed the body shrinks the remaining bone around the socket. Without a tooth to support, strong bone is no longer needed. Patients who have been completely without teeth for decades are an excellent illustration of this reduction in bone volume. The “sunken-in” or collapsed facial appearance of a person not wearing their dentures is strong visual evidence. While it is possible to graft and grow bone after a tooth has been extracted and the bone healed, the outcome is far less predictable than if the graft was placed at the time of extraction. This is because the graft is contained within the walls of the fresh extraction socket. Initially, the walls of the socket provide rigid support to the graft and keep it contained while it sets. Once set, the graft returns the favor and supports the bony walls to prevent the remodeling and reduction in volume.

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The 2015 CDS Foundation Clinic Flood

By: Eric G. Jackson, DDS, MAGD, FICOI, FICD, FADI

It saddens me to report that the CDS Foundation Clinic was a victim of a Great Flood during the torrential June rains we experienced. Apparently rainwater pooled on the roof of the Wheaton Oaks building at 416 E Roosevelt in Wheaton and found its way in through the roof. It worked its way down and saturated a good amount of ceiling tiles causing them to fall. Once the ceiling fell, nothing was in the way of the rain from the dental equipment. Much of it was soaked and ruined. Currently they are closed for business and unable to service the greater DuPage County area with much needed free dentistry.

The CDS Foundation Clinic is very close to my heart and accordingly I donate my time and skills monthly. The other volunteer dentists and I who donate their time are trying to raise awareness and funds to repair the waterlogged clinic. The space will need to be cleaned, the ceiling fixed, the buckled drywall replaced, and damaged dental equipment replaced. Logically, the longer the clinic is closed, the longer its patients must go without their free dental care. This places a greater strain on other locations in the area such as the local dental school and local emergency rooms.

If you would like to learn more about my work at the CDS Foundation clinic, click on the “Charitable Dentistry” link on our office’s homepage or visit: <http://www.oralhealthcareprofessionals.com/charitable-dentistry.html>

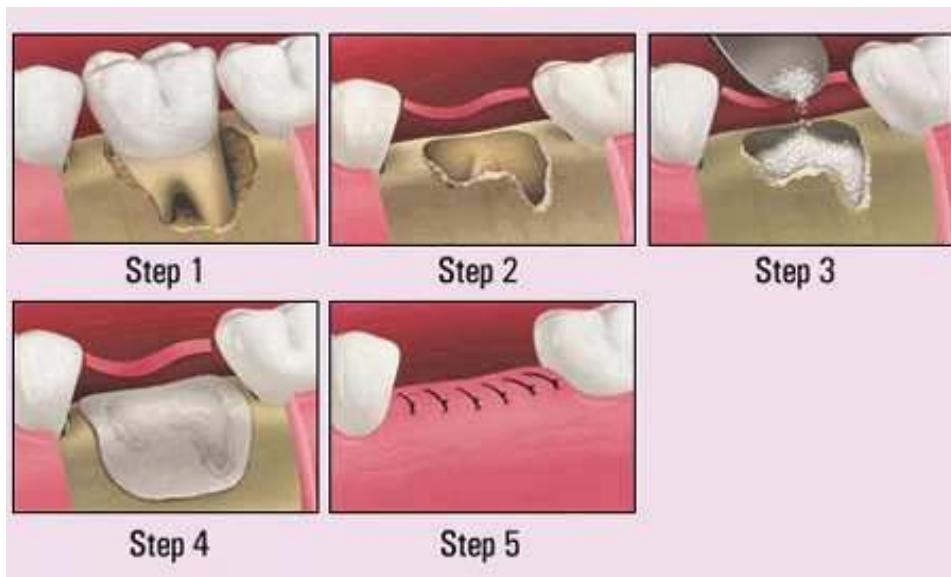
If you would like to make a donation and help get the clinic back on its feet visit: https://www.cds.org/Foundation/Make_a_Donation.aspx

Once the tooth is extracted, the socket is thoroughly cleaned and the graft material is placed. There are numerous types and brands of bone grafting materials at your dentist's disposal. Many of the most common grafts have the consistency of wet sand, although the type chosen by the dentist can vary. Once the graft is placed, it is commonly covered with a protective membrane. This membrane serves to contain the graft until it sets as well as prevent the gum tissue from infiltrating the socket. The membrane is typically secured with several sutures. Healing time of the graft varies depending on the type of material used, location of the graft, and volume of graft placed. In general, socket grafts can mature anywhere from 3 to 6 months from the day of surgery. This "healing time" is an extremely useful tool in the hands of a dentist skilled in comprehensive treatment planning. It serves as a built-in buffer to space out dental procedures and allows the patient to make educated decisions regarding the next step in his/her dental treatment (i.e. live with a missing tooth, have a bridge or partial made, or have an implant placed).

Socket grafting is an essential step if you are considering a dental implant because the graft will help maintain the natural contours of your jawbone. By maintaining the maximum volume of bone, the success of the planned dental implant will be far more predictable. Bone remodeling occurs immediately after a tooth is extracted and can last for several years. In the first year the bone can experience a 25% decrease in volume and within the first 3 years after tooth loss there is a 40-60% decrease in width. This loss of bone volume is one of the most important factors in whether a patient is a candidate for dental implants. While only measured in millimeters, these percentage decreases are extremely significant! Imagine losing 25% of your height over the next year and what it would mean to your overall health and how you function! Socket grafting is not confined to the world of implants. It also optimizes a fixed bridge by nearly eliminating the typical "collapsing" or "shrinking" of the bone, providing a very natural look and a very cleansable bridge. Due to a variety of

reasons, this important grafting procedure is not done routinely in most dental offices. Low public awareness of the importance and benefits of socket grafting at the time of extraction is a significant factor in this problem. Patients interested in dental implants should discuss socket grafting with their dentist before the extraction even if the implant is only a possibility in the future. Grafting will prevent the initial rapid resorption of the bone, but only a dental implant will maintain it indefinitely. Without an implant, the body will eventually begin the resorption process and destroy bone. This process can begin as early as 9-12 months after the surgery, but always proceeds at a dramatically slower pace compared to if no graft was placed.

Dentistry today is more complex than any point in history and it requires dentists to be more skilled than ever before. Socket grafting has rapidly become a cornerstone of modern dentistry. Whenever I've lectured to fellow dentists at their study clubs or students at the dental school, I almost always focus my first topic on socket grafting. I feel it is a skill that should be offered within every dental office, just like filling and crowns. If you would like to speak about socket grafting, or any other dental topic, please feel free to call the office and schedule a complimentary appointment with me. I am extremely passionate about modern dentistry and sincerely love discussing it with patients. As always, if you have any additional questions or would like to speak further about this topic, please do not hesitate to contact me.



tooth fairy day

**September 18, 2015 (Friday)
11:00 am to 1:00 pm**

The Tooth Fairy is coming to our office to meet the children of our community and help teach good oral health habits. **FREE** event to everyone. Make your reservation today, only a few slots still open.

(630) 963-6750



Did you know we are accepting new patients?
Refer family & friends and receive a gift card.

Your referral of friends, neighbors and family is one of the finest compliments that we can receive! In appreciation for your loyalty and trust we would like to say "Thank you" by offering you a gift card.

Refer 1 Friend or Family and we will send you a \$50 Lettuce Entertain you gift card.*

Refer 2 Friends or Family and we will send you a \$100 Visa gift card.*

Refer 3 Friends or family and we will send you a \$150 Visa gift card.*

*New patient must complete New Patient Exam to be eligible for referral program & mention you as his/her referral.

Flossword Answers: ACROSS: 2.Fluoride, 4.RootCanal, 6.Smile, 7.Ache, 8.Appointment, 13.Novocaine, 17.Tooth, 18.Composite, 19.Floss, 21.Denture, 22.NitrousOxide, & 23.Orthodontics. DOWN: 1.Toothpaste, 3.Examination, 5.Hygienist, 9.Periodontics, 10.Endodontics, 11.Dentistry, 12.Retainer, 14.Cavity, 15.Tongue, 16.Dentist, & 20.Gum

\$500.00 OFF DENTAL IMPLANTS*

In honor of our June 1st Anniversary, we are offering \$500.00 off Dental Implants in June and July 2015! Call 630-963-6750 to schedule your FREE Dental Implant Consult with Dr. Eric Jackson!



How Dental implants can change your life:

- ⇒ Replace missing teeth
- ⇒ Stabilize loose dentures
- ⇒ Replace dentures completely
- ⇒ Prevent premature aging
- ⇒ Increase your confidence
- ⇒ Floss normally once again
- ⇒ Get the smile you always wanted

All surgical dental implants placed in June and July 2015 will receive \$500.00 off! For added convenience, implants and implant restorations can be completed from start to finish all in our office. Dr. Jackson would place the implant and your dentist can complete the implant restoration.

*500.00 Off is valid for the surgical placement of new dental implants placed in the month of June and July 2015. It does not apply to restoration of dental implants.

Contact Us

Give us a call for more information about our services, ideas for our newsletter, questions, comments, concerns, or if you just want to talk dentistry. We love to hear from you!



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media!

Oral Health Care Professionals

Jeffrey S. Wascher, DDS

Eric G. Jackson, DDS, MAGD

2033 Ogden Avenue

Downers Grove, Illinois 60515

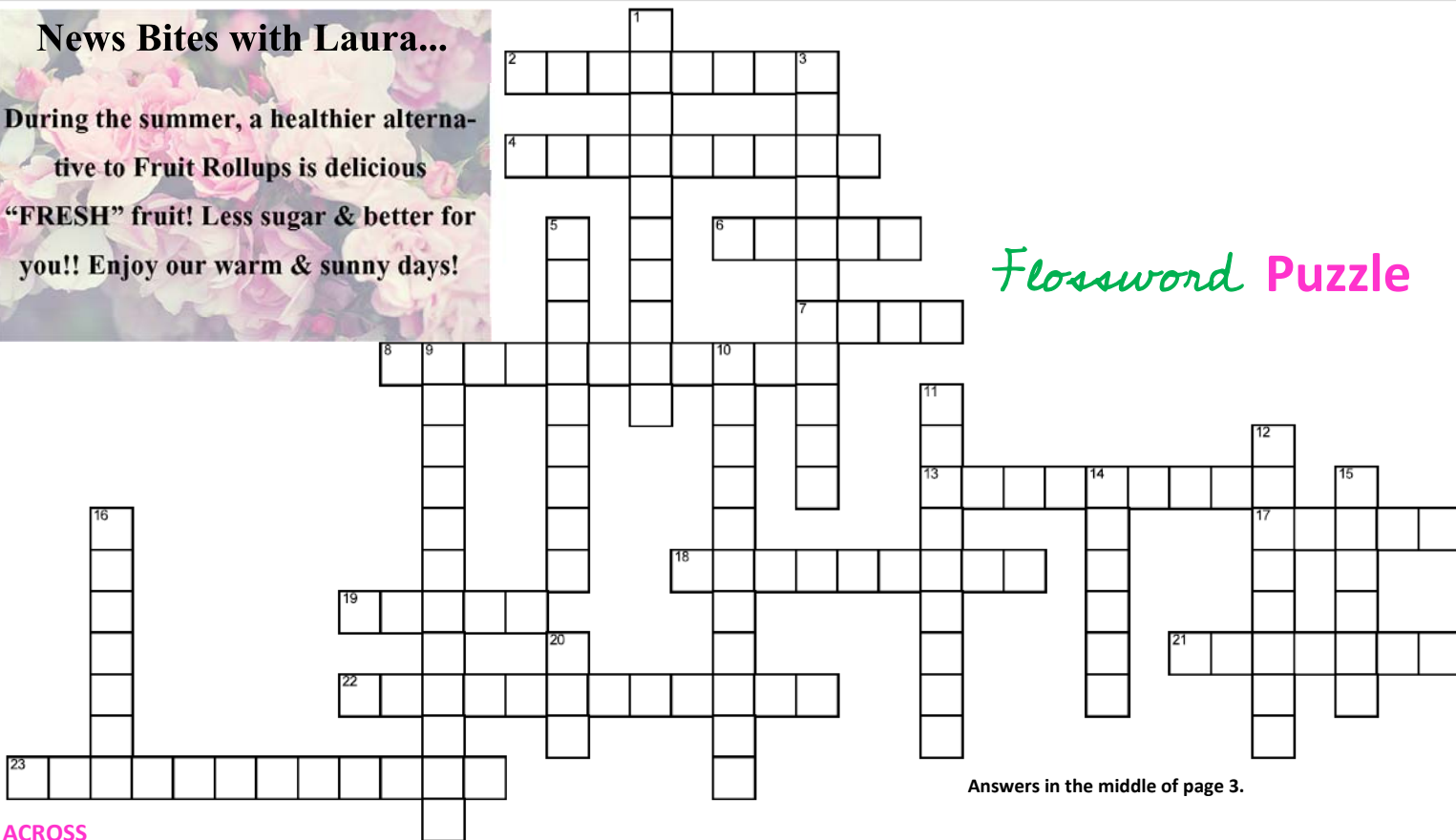
(630) 963-6750

Mail@OralHealthCareProfessionals.com

Visit our website at: www.OralHealthCareProfessionals.com

News Bites with Laura...

During the summer, a healthier alternative to Fruit Rollups is delicious "FRESH" fruit! Less sugar & better for you!! Enjoy our warm & sunny days!



Flossword Puzzle

Answers in the middle of page 3.

ACROSS

2. A chemical that is sometimes added to drinking water and tooth paste to help keep teeth healthy
4. A dental procedure to save a tooth by removing the diseased or injured tissue in its roots
6. To show or express (something, such as approval, encouragement, happiness, etc.)
7. To produce a dull continuous pain: to hurt in a way that is constant but not severe
8. An agreement to meet with someone at a particular time
13. A drug that causes part of your body to feel no pain and this is used especially by dentist
17. One of the hard white objects inside the mouth that are used for biting and chewing
18. Made of different parts or elements (Example: _____ Filling)
19. A special thread that is used to clean between your teeth
21. A set of artificial teeth
22. A gas that causes part of your body to feel no pain and that is used especially by dentists
23. A branch of dentistry that deals with helping teeth grow straight

DOWN

1. A substance that is used for cleaning teeth
3. A close and careful study of someone or something to find signs of illness or injury
5. Conditions or practices (as of cleanliness) conducive to health
9. A branch of dentistry that deal with diseases of supporting and investing structures of the teeth including the gums, cementum, periodontal membranes, and alveolar bone
10. A branch of dentistry concerned with diseases of the pulp
11. The work that a dentist does
12. A device or structure that holds something in place as a dental appliance used to hold teeth in correction position especially following orthodontic treatment
14. A area of decay in a tooth
15. The soft, movable part in the mouth that is used for tasting and eating food and in human beings for speaking
16. A person whose job is to care for people's teeth
20. The tissue that surrounds the necks of teeth and covers the alveolar parts of the jaws

The Dental Examiner

**WE ARE ACCEPTING
NEW PATIENTS**