

# Live life the way you want to

with dental implants from an AAID-credentialed dentist.

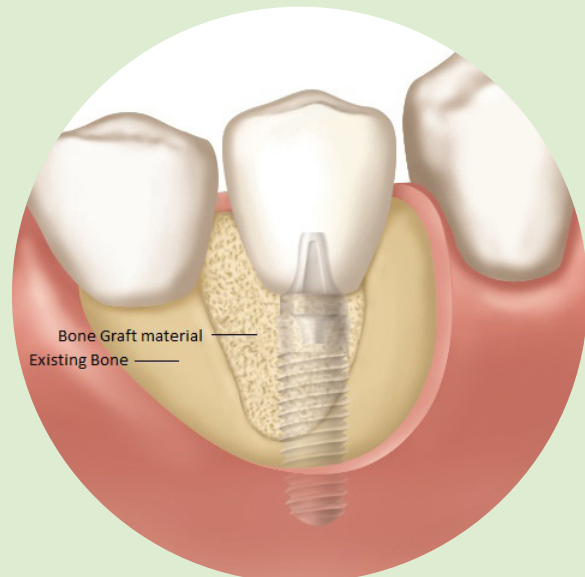


## Building Up Your Bone for Dental Implants

Successful dental implants depend on a solid bone beneath the teeth to anchor and secure the implant. But for many people, bone has thinned, weakened, or deteriorated, leaving you without the depth, width, volume, or quality of bone needed to deal with the ongoing forces that occur when chewing. Fortunately, some procedures can augment the bone you have and build new bone to support dental implants.

### How and Why Do People Lose Bone in Their Mouths?

Bone is living tissue that is in a constant process of being reabsorbed into the body and naturally replaced with new bone. The skeleton completely regenerates about every ten years. In the mouth, chewing and biting stimulate bone growth to offset the bone that is naturally reabsorbed into the body. That's why losing a tooth causes bone loss – there is nothing stimulating bone growth. A person loses roughly 25% of the bone surrounding a tooth within the first year after it is removed or lost. A traumatic tooth injury, gum disease, developmental tooth defect, and denture wear can also lead to bone loss. That's why getting dental implants sooner rather than later after losing a tooth is essential.



## Three Procedures for Building Bone

### Bone Grafting

The preferred method for building bone is called a bone graft. In this procedure, a block or particles of bone from another source are placed on the existing bone below the gumline. Over time, this added bone grows, fills the spaces, and fuses with the existing bone to form a strong, new layer of bone that can support implants.

The bone used in a graft can come from several different sources:

**Autograft:** This is bone taken from elsewhere in the patient's body, such as from the back of the jawbone near the wisdom teeth, the chin, hip, or shinbone.

Allograft refers to bone taken from another person, usually tissue harvested from a cadaver.

**Xenograft:** This is bone taken from an animal that can live and grow in humans. These usually come from a cow, pig, or horse.

**Alloplast:** This is a graft done using synthetic materials.

### Sinus Lift

When the back teeth in the upper jaw are missing, the sinus cavity above them can enlarge and drop into the mouth cavity as the natural bone deteriorates. In a sinus lift (or sinus augmentation), the sinus is lifted to its proper position, and bone is grafted to promote bone growth in the sinus and upper jawbone.

### Ridge Augmentation

When a tooth is lost or removed, the hole left behind changes the shape and surface of the bone loss. A ridge augmentation procedure reconstructs the natural gum, jawline, and grafting bone, leading to additional bone width, growth, and strength.

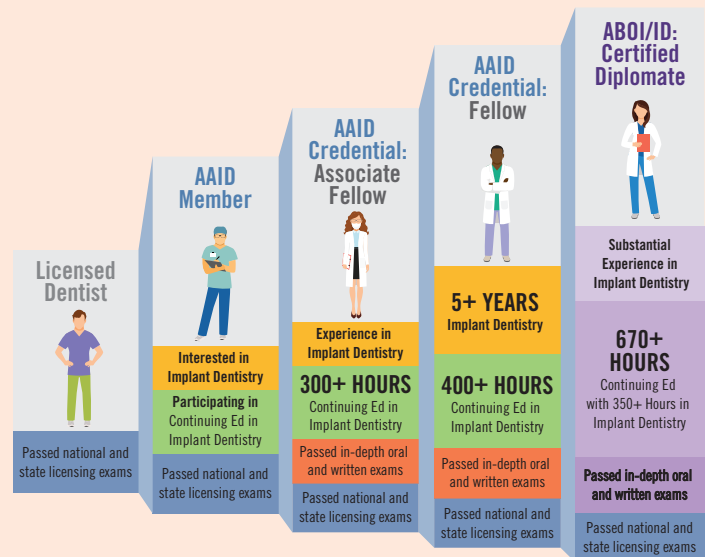
## What To Expect From These Procedures

Bone grafting procedures are primarily done in the dentist's office using local anesthesia. They typically require 4 to 12 months to fully heal and have sufficient bone growth for inserting dental implants. You will leave the dentist's office with temporary teeth that look natural and allow you to chew normally. In some cases, if bone loss is minimal, you may be able to have the dental implant inserted during the bone grafting procedure. Your dentist will also give you mild painkillers for the first day or two after the procedure.

## Find a Qualified Implant Expert

Like a fingerprint, your mouth is unique. It takes a dentist with advanced training and expertise to create the best-individualized treatment plan for you and deliver superior surgical outcomes. The American Academy of Implant Dentistry (AAID) offers leading education and training programs for implant dentists. By choosing an AAID-certified implant dentist, you know you're working with an expert with extensive education, hands-on training, and expertise that will make your dental implant surgery a success.

[AAID-Credentialed Dentist Finder](#)



AAID-Credentialed Implant Experts obtain advanced education, training and expert evaluations to become AAID-certified.

## Where Can I Learn More?

AAID has a website with extensive information from certified dental implant experts about everything associated with dental implants. Just go to [www.aaid-implant.org](http://www.aaid-implant.org)

Take a quiz to determine if you are a candidate for dental implants at <https://connect.aaid-implant.org/quiz-candidate>



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