



OMS

QUARTERLY

VOLUME VII ISSUE 4 DECEMBER 2014

BRIAN SIMPSON, D.M.D. AND BRIAN BOVINO, D.M.D.

DIPLOMATES OF THE AMERICAN BOARD OF ORAL & MAXILLOFACIAL SURGERY

113 NORTH MIDDLETOWN ROAD NANUET, NY 10954 (845) 623-3497 FAX (845) 623-4039 office@drbriansimpson.com

Reducing Bone Loss After Extractions

Socket grafting not only limited the amount of bone resorption, but appeared to compensate for alveolar contraction independent of buccal bone thickness, scientists publishing in the March/April issue of *The International Journal of Periodontics & Restorative Dentistry* found.

An extensive body of evidence points to rapid alveolar bone loss during the first three to six months following tooth extractions and gradual reduction in dimensions thereafter. Such shrinkage of the hard and soft tissues complicates implant positioning and leads to unpredictable esthetic outcomes.

Researchers in Italy found that the dental literature didn't explain the reasons for a wide range of variability in horizontal bone width healing, nor did it consider the effects of buccal plate thickness. Thus, they undertook their own research.

Their goals were twofold:

- To compare dimensional ridge alterations after tooth extraction following spontaneous healing or ridge preservation using bovine bone mineral and collagen membrane; and
- To analyze the influence of the buccal bone thickness after ridge remodeling.

To investigate, scientists used a flapless procedure to extract 48 teeth from 41 patients—16 premolars and 32 molars. The alveoli of the test group patients were filled with a bovine bone mineral blended with collagen and covered with a porcine collagen membrane. Bovine bone mineral is the material most frequently reported in the literature for post-extractive socket grafts. The sutures were removed after 14 days. The control group received no additional treat-

ment after extraction, and no sutures were placed.

Researchers followed the patients postoperatively at two and four weeks and at two and four months, when patients were scheduled for dental implants at the extraction sites. The horizontal width of the alveolar ridge and the vertical ridge height were measured at baseline and four months. They measured the thickness of the buccal bone after teeth were extracted.

Four months after tooth extraction, the test group (grafted sockets), showed a minimal loss of horizontal bone width (7.23 percent) compared with the loss displayed by the control

group (spontaneous healing) (40.15 percent). The vertical ridge change was also minimal in the test group (1.58 mm), a statistically significant difference, "suggesting that soft tissue contour changes are related to alveolar bone ridge remodeling," authors reported.

Results also showed no correlation between the initial thickness of the buccal bone and the alveolar bone at four months in the test group, while a strong negative correlation was found between the initial thickness of the buccal bone and alveolar bone loss in the control group at four months. Researchers deduced that leaving the extraction socket to

DENTAL FUN FACT

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NEWS YOU CAN USE

Azithromycin and Congenital Heart Disease

In March 2013, the US Food and Drug Administration (FDA) issued a Drug Safety Communication warning related to azithromycin and the potential of causing abnormal changes in cardiac electrical activity which may lead to lethal cardiac arrhythmia. The risk of torsades de pointes and fatal arrhythmia could develop during treatment with azithromycin in a certain group of patients at higher risk. These higher risk patients include those with a prolonged QT interval, history of torsades de pointes, congenital long QT syndrome, and bradyarrhythmias.

heal naturally may result in alveolar bone loss.

"In the ridge preservation sites, no correlation was found between the initial buccal bone plate dimension and

the alveolar bone loss, which suggests that socket grafting appears to compensate for alveolar contraction independently from buccal bone thickness," authors reported.

"In the control group, a thinner buccal bone plate was correlated with greater alveolar bone loss."

From: <http://www.ada.org/epubs/highroad/jadaprosthodontics/102814.html#one>

**Dr. Brian Simpson
announces the twenty second meeting of the
NANUET IMPLANT STUDY GROUP**

Speaker: Mark Samani, DMD

Associate Clinical Professor, Dept of Prosthodontics & Biomaterials, New Jersey Dental School

**"Full Arch Implant Restorations
From Removable to Fixed"**

Tuesday, March 10, 2015

Dinner: 6:30 Presentation: 7:00 — 9:00 pm

Hudson House 134 Main Street Nyack, NY

Please note our new location!!

**2 CE credits awarded by the
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Cost: \$50.00

**To register, contact Marissa: 845-623-3497
or email her at soms@drbriansimpson.com**

*"The only person you should try to be better than
is who you were yesterday." - anonymous*

