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Alveoplasty

by COQUITLAMPERIO on JANUARY 21, 2013

Irregular bone structure can cause discomfort when wearing a denture. The base of the denture can rub against the bone and cause sore spots. This condition may be the result of tooth loss or excess bone called mandibular tori. Mandibular tori may prevent the denture from seating correctly. Alveoplasty is a surgical procedure used to smooth, and contour the bone. It can be performed by a general dentist, periodontist, or oral surgeon. This procedure shortens healing time, and improves the overall fit of the denture. Different levels of anesthesia are used depending on the severity of the case. These include local anesthesia, IV sedation, and general anesthesia.



Alveoplasty is generally performed following extractions. Once the teeth are removed, a careful incision is made and the tissue is gently peeled back exposing the bone. Excess bone is removed using an instrument called a rongeur and rotary drills. The bone is then smoothed and shaped with bone files. Sutures are placed to aid in healing.

As with any surgical procedure, soreness, swelling and bruising may be experienced. This should only last for a few days. The discomfort can be treated with prescription pain medications and over the counter analgesics. Ibuprofen is an anti-inflammatory drug that is frequently prescribed for dental pain. Applying an ice pack may help with swelling. Sometimes antibiotics are prescribed to prevent infection.

A soft diet should be followed for several days after the procedure. Drinking beverages through a straw should be avoided to prevent excess bleeding and delayed healing. Smoking should also be avoided. The suction, heat and chemicals from smoking may cause healing complications. If non-absorbable sutures are used, they may be removed in seven to ten days.

Complications are rare. Alveoplasty is a wonderful way to speed healing, and improve the fit, comfort, and function of a denture.

[Contact a Vancouver periodontal professional about oral surgery](#)

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