

INFORMATION SHEET ON EXTRACTION, BONE GRAFT, & PRF/PRP



When you need a tooth to be removed, there are a variety of options to consider that can affect the overall health of your mouth. This information is presented to you so that you can be better informed about your healthcare decisions.

“I just want it out!”

Sometimes all we need to do is pull the tooth and let it heal naturally. That is a good approach only if:

- you already have multiple missing teeth in the area
- you are not interested in replacing that tooth in the future
- your insurance coverage or finances limit your options

A simple extraction is the least expensive option. But the problem with “natural healing” is that the tooth socket will shrink over time. Once that happens, it will be difficult, if not impossible, to place a dental implant in the future.

Your best option is to replace the missing tooth with a dental implant.



A dental implant is a titanium pin that is placed where your tooth used to be. It is the best long-term option. It cannot get a cavity, and is as close to the look and function of a natural tooth that modern dentistry can provide.

Placing an implant requires adequate quality and quantity of bone in order to be successful. **Thus, if we want to place a dental implant, we should NOT let it heal naturally.** Instead we need to pack natural bone (“bone graft”) in the tooth socket, with the aid of “PRF/PRP”. Then, after a few months we will have an ideal site to place an implant.

Bone graft is a sterile, dried matrix of natural human bone particles that is used to provide a scaffolding for your body to build its own new bone over the course of several months. By itself, the bone graft will help to improve the tooth socket, but we can speed the healing and lessen your pain by adding PRF (platelet-rich fibrin) & PRP (platelet-rich plasma).

PRF & PRP are both made from your blood. We draw a little blood from your arm and spin it in a centrifuge to separate the platelets, fibrin and white-blood cells from the red-blood cells and plasma. We then make two products from your blood: PRF which is like a piece of skin that we then stitch over the extraction site to protect it, and PRP, a liquid concentrate of your body’s own proteins and white-blood cells that we mix with the bone graft.

Together with the bone graft, PRF & PRP helps the site heal faster, with less pain, and provides a better foundation for a dental implant than if an extraction is done without those steps.

There are other factors not discussed here. This is only a preliminary information sheet that does not consider any of the variables that make you unique. Be sure to discuss any questions you may have about your situation with your doctor.