



Bone Grafting & Guided Bone Regeneration

A Patient's Guide

Why do I need a bone graft?

Bone height and depth in your jaw can be lost due to many situations including tooth extraction, oral disease, dentures/bridge work or trauma.

When you lose a tooth it is common for the supporting part of bone in your jaw to start receding / shrinking. If you are receiving dental implants then extra bone may need to be grown, or “grafted”, to support the implant in your jaw and ensure it can be mounted at the same level as your existing teeth.

Done correctly, the procedure should return your bone back to the size and shape it was before it receded. The graft material should be completely absorbed and replaced by your own healthy bone.



Bone Grafting Explained

Bone grafting, or Guided Bone Regeneration (sometimes referred to simply as “GBR”) is a common, well-established surgical procedure that has been used in dental implant surgery for many years.

Typical procedures involve placing a graft material – usually a white powder or paste – into the area where more bone is needed. This material will create new bone which can be used to support your implant. Sometimes your dentist will use graft material at the same time as placing an implant, whilst in other cases they may choose to use the graft material first, creating new bone to host an implant at a later date.

Not all implant procedures need a bone graft. Your dentist will tell you if you need one.

What is ethoss®?

ethoss® is a material used in bone grafting procedures. It is a white granular powder, which becomes a paste when it is mixed with sterile saline. This paste is then applied to the area where more bone is needed. The ethoss® encourages rapid bone regrowth and is completely absorbed as it is replaced with new healthy bone.

ethoss® is absorbed quickly – within 12 weeks up to half of the material should be replaced by your bone (the exact rate varies from patient to patient). The remaining material will be completely absorbed over the following months. This quick performance will help speed up your entire implant procedure.

ethoss® is a completely synthetic product made without any human or animal bone. It is an advanced biomaterial comprised of Beta Tricalcium Phosphate and Calcium Sulphate. Both of these materials have a long history of use in medicine and are trusted and respected by the dental community.

As a biocompatible material, ethoss® is designed to work with your body's natural healing processes. Feedback from our customers suggests that this helps to reduce pain and swelling following a grafting procedure.

Developed by experts



Peter Fairbairn, BDS

ethoss® was developed by Dr Peter Fairbairn, a London based dentist who is a world authority on grafting materials.

“I developed this material because I wanted the best for my patients. My patients told me they wanted shorter procedures, faster healing, less pain and reliable, predictable outcomes. Many patients also preferred the synthetic option – there are a lot of ethical concerns over the common materials on the market which are derived from animal and human donor material. ethoss was developed around these requests, using the latest biocompatible materials to give amazing results.”



Frequently Asked Questions

This guide discusses the common questions patients have – feel free to discuss any of these points in more detail with your dentist.

Why do I need ethoss® in my procedure?

ethoss® is often used to regrow your bone, back to a healthy level. This bone loss is often caused by having a tooth extracted or lost. Without a tooth to support it, the bone in your jaw will recede and will not grow back on its own, often making it impossible to secure an implant. ethoss® will encourage your bone to grow back, helping to secure an implant.

What is ethoss made of?

ethoss® is a combination of Beta Tricalcium Phosphate (often called B-TCP or β -TCP) and Calcium Sulphate. This combination creates an environment rich in calcium and phosphate ions, ideal for new bone growth. ethoss® does not contain any animal products.

Where does ethoss® go?
How is it absorbed back into my body?

ethoss® is absorbed by your new bone as it grows – no trace is left in your body.

Is it safe?

Yes – ethoss® is CE marked and manufactured to strict quality standards. It has been used in thousands of surgical procedures worldwide.

Other products say they are “natural” – why is ethoss® different?

“Natural” products contain a natural bone source in their mixture. This can come from several sources – bovine (cow), porcine (pig) or equine (horse). When these products are used in a grafting procedure they may not be fully absorbed, staying in your body forever.

There are also many grafting products or techniques which involve using human bone. This bone could come from you – a clinician would “harvest” it from another site of your body and screw it into your jaw. There are also systems where donated bone is sourced from a “bone bank”.

As a synthetic product, ethoss® is simple. You do not have to worry about the potential risk of cross-infection from using other sources of bone. You do not have to worry about having someone else’s bone inside you. You don’t have to worry about where on your body bone could be taken from (this is often an uncomfortable process).

Will my bone grafting procedure hurt?

Bone grafting is a surgical procedure. Some level of discomfort is inevitable. Patients who undergo procedures with ethoss® regularly report low pain levels with many not needing any painkillers a couple of days after the procedure.

Why should I ask my dentist for ethoss?

ethoss® will help your bone to grow quickly, with minimal discomfort and pain. It will be completely replaced by your own bone and it won’t leave any remnants in your body.

After your procedure

Help ensure the best outcome



Your new implant will need to be cared for. This is particularly crucial at first, where unless you take certain precautions the risk of failure is higher. Your dentist may ask to see you more than usual to check how your body is healing and the state of the implant.

Your dentist will give you precise guidelines after your surgery, but there are several things you can do that should help care for your implant:



Maintain your oral hygiene. Continue brushing your other teeth like normal. Do not attempt to brush the implant area until any tenderness has disappeared. Even then, be gentle at first.

Your dentist should recommend special post-implant care products. We recommend BlueM mouthwash and toothpaste.

BlueM products are specifically designed for dental implant care. The mouthwash, toothpaste and oral gel have high concentrations of oxygen which has been proven to accelerate the healing process. You can get more information on BlueM from www.bluemcare.com.

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Avoid touching the area directly. No matter how tempting, do not touch the area directly with your hands, and try to prevent bothering it with your tongue. Simply leave it alone for a few days, and it should quickly start to heal.



Swelling. You may still experience some swelling and discomfort, but this should quickly reduce. If you have any concerns contact your dentist.



Try not to wear dentures. If you usually wear dentures over the implant site then try to keep them off for a few days, particularly at night. Persistent downward pressure, particularly on the graft site, can disturb healing.



Do not smoke until the wound has healed, this can have very negative effects on implant survival. As a general rule, smoking is very bad for your oral health. This is particularly so after a surgical procedure. Do not smoke at all for several days. Ideally, give up smoking completely to help guarantee implant success rates.



Do not drink coffee or alcohol for 2-3 days after surgery. Keep things simple – drink water and keep up the oral hygiene mentioned above.

More Information

Your dentist will be available to answer any questions you have about ethoss®, dental implants, bone grafting, after-care or any other part of your procedure.

If you would like to conduct further research on ethoss then please visit www.ethoss.dental.

All the information in this leaflet has been approved by highly trained dentists with extensive experience of bone grafting and placing implants. However, treatment plans involving dental bone grafting and implants are unique for each individual and accordingly the timing, cost and delivery of care will be customised. Your dentist will have their own preferences for the way that a particular course of treatment is delivered and may therefore suggest alternatives or variations that are not included in this information.

The information contained in this leaflet is intended to provide an overview of routine bone regeneration treatment and is not a replacement for specific treatment or advice given by your dentist.



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