Acknowledgments

The authors reported no conflicts of interest related to this study.

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Literature Abstract

Effect of alveolar ridge preservation after tooth extraction: A systematic review and meta-analysis

Tooth extraction has been shown to be followed by alveolar ridge volume loss and this can complicate subsequent dental implant treatment. Alveolar ridge preservation (ARP) techniques aim to prevent or reduce alveolar bone dimension loss after tooth extraction by socket grafting. The aim of this systematic review is to compare socket grafting to tooth extraction without grafting, in nonmolar teeth in terms of changes in horizontal ridge width and vertical ridge height. Only randomized controlled trials (RCTs) in human adults with a minimal healing period of 12 weeks were chosen. Six RCTs were selected from a total of 256 articles for meta-analysis. Quantitative analyses showed that ARP is significantly more effective than tooth extraction alone in preserving buccolingual width, midbuccal height, midlingual height, and mesial height. It was further found via subgroup analyses that flap elevation, barrier membrane placement, and xenograft or allograft socket filling contributed to a beneficial effect on height preservation. ARP is a widely practiced and recognized technique for its benefits on nonimmediate implant placement after tooth extraction. This review substantiates its practice and provides evidence of its intended effect.

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