

Periodontal Surgery



Clarence Street
DENTAL Group

It has been recommended by your periodontist for you to have surgery to treat your periodontal condition. There are several options for surgery to combat the different levels of gum disease. This can range from gingivitis to periodontitis to gum recession. The good news is that your periodontitis feels that your condition is treatable.

Tissue Regeneration (Flap Surgery):

This procedure is done to help reduce the size of the pocket around your tooth/teeth. This surgery to regenerate the lost bone and tissue involves folding back the gums to expose the bacteria causing disease so that it can be removed. The bacteria underneath your gums is cleaned away which helps to decrease this area between your gums and tooth. In order to do so, the flap surgery is followed by putting a mesh fabric or membrane in between your gums and the bone to prevent gum tissue from building where it should just be bone. This material has a tissue stimulating protein that encourages your body to regenerate the bone or tissue. After this material is placed, the gum tissue is secured over the tooth.



Crown Lengthening:

This procedure is used to remove an overgrowth of gum tissue from your teeth to make them appear longer. It is often done for cosmetic purposes in addition to treating gum disease. Your dentist may have requested this procedure in order to properly place a crown on your tooth. In order to do this, your periodontist will recontour the gum tissue and sometimes the bone in order to expose more of the tooth's surface. The gums are sutured back in place and there may be a protective dressing covering this site as well. After 6-8 weeks, you will revisit your periodontist to see if you are ready to have the crown placed by your dentist.

Gum Reduction and Recontouring:

This is a procedure that involves removing small amounts of gum tissue to correct any of the following issues:

1. Teeth that appear too small
2. Teeth that appear too stubby
3. An uneven gum line
4. Gum inflammation or puffy gums

For this procedure, the periodontist will fold back the gums and remove the bacteria. Next, the gum tissue will be secured around your teeth, rather than allowing it to grow back on its own.



Bone Grafts (Ridge Preservation):

This is where synthetic or real bone is added to the damaged part of the jaw bone in order to stimulate new tissue growth. This procedure is typically done when a tooth is removed with the plan of replacing it with a dental implant. After a tooth is removed, nearly 6-7 mm of vertical bone loss occurs with 2/3 of this happening within the first 3 months. There is also horizontal bone loss which occurs, typically up to 2-3 mm of bone. Bone grafting can also be done to rebuild defects in the bone caused by periodontal disease. For this

procedure, synthetic or granulated bone is placed in the socket or around the bone. It is held in place by a mesh membrane which is sutured underneath the gums. You will come in to have the membrane removed 2-3 weeks following your surgery.

Connective Tissue Graft:

This is where a small band of tissue from the roof of your mouth is removed and grafted under the gums that have receded or become too thin in other areas of your mouth. This area is cleaned and then once the tissue from the palate is grafted over the root of the tooth, the gums are sutured back in place over the graft. You will need to avoid this area for a couple of weeks until you come in to have the sutures removed. A softer diet is also recommended. The grafting site on the roof of your mouth is closed with dissolvable sutures and covered with a special packing that comes off within a few days.



Post Operative Care:

You will be given specific verbal post op care including written instructions for your diet and oral hygiene. A softer diet is recommended for 2 weeks and you are also advised to try chewing on the other side of your mouth. You should generally avoid any spicy foods, or foods that have seeds as they may get stuck in the surgical site. It will be recommended that you do not brush your teeth the rest of the day following your appointment. For the next couple of weeks following, it will be advised to avoid the area that had the periodontal surgery when cleaning your teeth. You are encouraged to clean the rest of your mouth. At the time of your appointment, you will be given Ibuprofen prior to beginning your procedure. You will also be given a prescription that will include an antibiotic, anti-inflammatories, a pain reliever, and an oral rinse. Please advise us of any allergies you have to medications prior to your appointment. This prescription can be faxed to your pharmacy for your convenience during your appointment to reduce any delays in receiving the medication. Please advise your patient co-ordinator of your pharmacy and health card information. You will leave with an ice pack and be recommended to keep icing the area off and on for the next 24 hours to help reduce swelling. You will need to come back in 2-3 weeks for a post op appointment with your periodontist to assess your healing and remove the sutures that were placed.

Sedation:

If you are having sedation for this treatment, you will require a driver to bring you to and from your appointment. Typically these procedures are done with local anesthetic. If this is the case for you, you are fine to drive yourself.