

## BENEFITS OF TREATMENT



- Repair of existing recession or shallow cavities.
- Prevention of future recession by thickening or widening the amount of tissue present.
- Relieving discomfort in the gums during tooth brushing or eating, improving oral hygiene, and reducing the risk for root cavities, which are the most difficult and least predictable cavities to fill. Will NOT improve temperature sensitivity.



- Aesthetic enhancement of one's smile.
- Successful gum grafts are very stable over time, so you should not need a second graft in the future, provided the cause of the recession is eliminated (such as aggressive tooth brushing).

## RISKS OF TREATMENT

- Temporary Bleeding, Swelling, Bruising, Infection and/or Pain.
- Possible Permanent Numbness in the roof of the mouth where the graft is taken from. This does not significantly affect speech, taste or function.

## CAUSES OF RECESSION

Recession, or exposure of the root surface of a tooth, is generally caused by a combination of factors, rather than a single factor on its own. Some factors listed below are stronger than others, and are more important to correct in order to protect any grafts that are placed in your mouth, and to prevent recession in other areas of your mouth:

- Aggressive tooth brushing.
- Trauma from other activities (chewing on pens, excessively crunchy foods).
- Periodontitis (infection and inflammation of the gums caused by excessive bacteria in the mouth) causes bone loss leading to recession.

Other factors that can worsen recession:

- Prominent position of the tooth in the jaw.
- Orthodontic tooth movement significantly forward towards the lips.
- Clenching or grinding the teeth.
- Genetically thin gums or lack of the strong tissue around the neck of the tooth.
- Strong frenum pull.

## WHAT IF I DO NOTHING

Recession usually doesn't improve on its own. Without treatment, possible risks are:

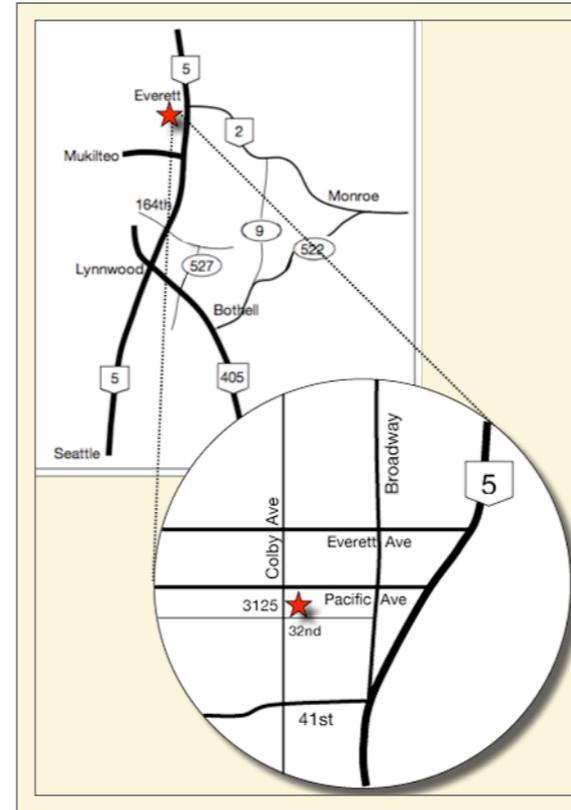
- Continued recession.
- Root cavities.
- Pain with brushing or eating.

\*All patients were treated by Dr. Pamela Nicoara unless otherwise specified.\*

Copyright 2019 Dr. Pamela Nicoara

Pamela A Nicoara DDS MSD PLLC

PERIODONTOLOGY IMPLANTOLOGY ORAL MEDICINE



3125 Colby Avenue, Suite H  
Everett WA 98201

T: 425-374-5380 F: 425-374-5382

www.NICOARAPERIO.com  
doctor@NICOARAPERIO.com

# PATIENT PAGES

A SURGICAL PERIODONTAL  
BROCHURE FOR PATIENTS

BY DR. PAMELA NICOARA

## Gingival Grafting



# Surgical Considerations

## DAY OF SURGERY

- Expect about 1 hr for surgery for up to 3 teeth (more time needed for more teeth).
- Photos of the gums only will be taken before and after to record initial appearance and outcomes.
- Local anesthetic ('Novocaine' to numb the area).
- Sedation if desired (must be organized prior to the day of surgery) in 2 forms below. You will need a driver to bring you and take you home who can speak and read English and sign the informed consent for you. You may not drive, take a taxi or bus, or leave alone.
  1. Halcion: Anti-anxiety Tablet with sleepiness and amnesia as side effects. or
  2. General Sedation: with an anesthesiologist to 'knock you out'.
- Don't wear any make up.
- Eat a light breakfast.
- Bring headphones /iPod if you want.
- No work or exercise the rest of that day, and possibly for the day or two after especially if tissue is taken from the palate and your job is highly physical (i.e.: FedEx delivery person) or requires a lot of talking (i.e.: receptionist)

## PATIENT RESPONSIBILITIES

Follow all instructions provided: take medications (antibiotics and/or pain killers) on time, use the mouth rinse, do NOT touch or eat on the areas treated, rest.

I have read this brochure and understand what may be involved in my treatment. I will have the opportunity to ask questions prior to my surgery.

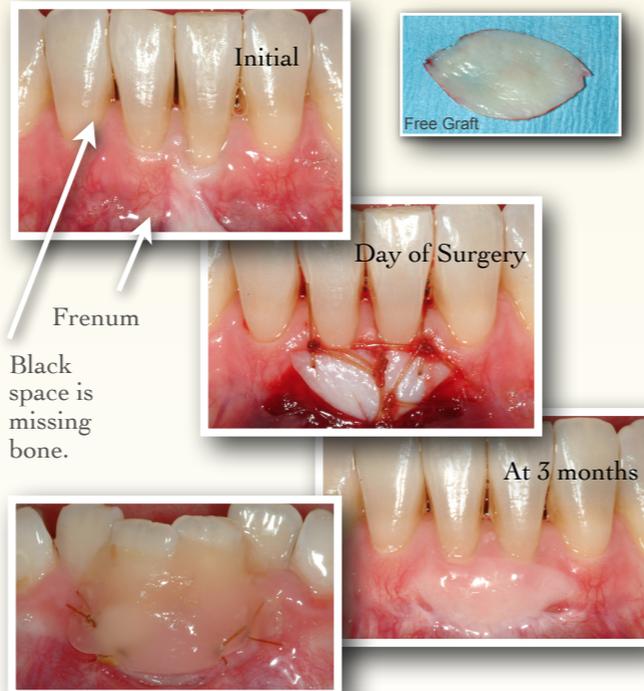
\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

# Types of Gingival Grafting

## FREE GRAFT

The **Free Graft** is harvested as *superficial* tissue from the roof of the mouth. Free grafts are used where there is very little strong gum present around the neck of the tooth, and there is also enough loss of bone support in between the teeth, that covering the root with the graft is not possible. It is *not* considered an esthetic graft as there is usually a difference in the color of the tissue that is grafted compared to the natural surrounding tissues. These grafts are often used when a large frenum is contributing to the recession (see below).



**Barrier Bandaid**  
A special bandaid may be put over the graft for the first week. Instead of stitches, a purple liquid glue is placed and should stay in the palate until you return. If it comes out sooner, give us a call. But don't worry, you're likely healing faster than average!

## CONNECTIVE TISSUE GRAFTS

The **Connective Tissue Graft** is harvested as *underlying* tissue from the roof of the mouth. A special type of connective tissue graft is called **AlloDerm**, which is taken from another human. Connective tissue



grafts are considered esthetic in that there are generally no scars or significant evidence that new gum tissue has been used to repair a defect. They can predictably cover exposed root surfaces because they are used when there is good bone and gum present between the teeth. They can also be used to repair shallow cavities that would otherwise require a filling, and can significantly thicken the gum tissue. Connective tissue was used to repair the root exposure and shallow cavity for the patient above.

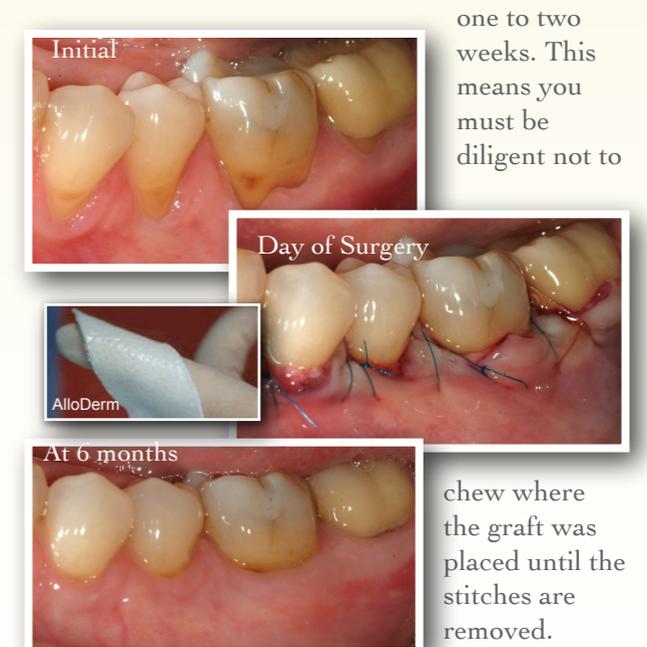
Stitches are used in the roof of the mouth for these types of grafts, and are covered with the same purple liquid glue mentioned for Free grafts. Don't worry if this comes lose before your suture removal appointment.

## ALLODERM

AlloDerm works the same way as connective tissue taken from the roof of your mouth, but comes from someone else. AlloDerm has been sterilized such that all cells are removed, but the remaining collagen scaffold remains to be invaded and replaced by your own ingrowing tissues. This means you have no stitches or glue in the roof of your mouth. It is most beneficial when:

1. Many teeth need treatment and it would be unlikely to gather enough tissue from the roof of your mouth to treat all the sites.
2. There is minimal root exposure and the gums need only to be thickened.
3. A patient may have a strong gag reflex.

Special stitches are used with AlloDerm and must remain in place for up to one month, instead of



one to two weeks. This means you must be diligent not to

chew where the graft was placed until the stitches are removed.

Visit our website: [www.NICOARAperio.com](http://www.NICOARAperio.com)