



PERIODONTAL INFORMATION

WEB ADDRESSES:

- cap-acp.ca
- perio.org

GINGIVAL (GUM) GRAFTS

Gingival grafts are necessary to augment and strengthen gum tissue in areas of the mouth that have gum recession. The goal of the grafting procedure is to increase the amount of firm, tough gum tissue next to the teeth to reduce the chances of additional recession. Unless you have been specifically informed to the contrary, there is usually no attempt to cover roots that have already become exposed.

We will be performing the following procedures:

Anaesthetic: we will administer a local anaesthetic to numb the area so that no discomfort will be experienced during the appointment.

Preparation of the graft site: gum tissue surrounding the root in the area of the graft is gently released to allow access and sutures may be placed.

Cleaning of roots: all calculus (tartar) deposits will be removed and root surfaces will be smoothed and cleaned.

Donor site: a small area of gum tissue, usually on the roof of your mouth next to the molar teeth, is removed and a protective dressing is placed over the area.

Placement of tissue: the graft tissue is placed into position and either sutured into place or glued into place with a special adhesive.

Coverage of the surgical sites: a special covering (periodontal pack/periodontal dressing) may be placed over the surgical sites to protect the tissue and promote healing.

You may expect to experience some post-operative discomfort and possibly some swelling. Both of these are usually minor and are well controlled with medication that may be prescribed at the time of the appointment. Most patients are able to function relatively normally by the following post-operative day.

POST-OPERATIVE EVALUATION APPOINTMENT

You will be required to return approximately one to two weeks after your graft to assess the healing at the surgical site and to remove any sutures present. At that time we will also be evaluating your progress and recommending the need for any additional appointments. Occasionally, additional minor soft tissue recontouring is required to obtain optimal tissue form and produce smooth margins with the adjacent soft tissue.

PRE-SURGICAL RECOMMENDATIONS AND INFORMATION

Please read the following carefully prior to your surgical appointment.

1. Have a quiet, restful evening before your surgical appointment.
2. **Unless instructed otherwise, have a good meal prior to your appointment.**
3. **Wear a blouse or shirt with short sleeves, or with sleeves which can be rolled up, to accommodate a blood pressure cuff.**
4. If pre-medication has been prescribed to make you feel more relaxed during the surgical appointment (e.g. Ativan, Valium), you must have someone bring you to your appointment and accompany you home. You cannot drive a motor vehicle for the rest of that day.
5. If pre-surgical antibiotics (e.g. Penicillin or equivalent) have been prescribed for you because of a medical problem, please be sure to take them as directed.
6. Ideally, you should return home immediately following the surgical appointment, take any prescribed analgesic and/or antibiotics, and use an ice pack as directed in the post-operative instructions. Physical activity and talking should be kept to a minimum for the rest of the day.
7. You may return to work the day following surgery. However, if your work involves physical labour, it is suggested that you try to work at a somewhat slower pace.
8. It is suggested that you do no physical exercise during the first post-operative week to avoid any possible complications.
9. It is preferable that you do not fly in a commercial airplane during the first 4 to 5 days after the surgery.
10. If possible, do not have the surgical treatment less than 1 to 2 weeks prior to an important business or social event.

Please do not hesitate to ask any questions regarding the above.