



PERIODONTAL INFORMATION
WEB ADDRESSES:

- cap-acp.ca
- perio.org

CROWN LENGTHENING

Crown lengthening surgery is a minor periodontal surgical procedure necessary to increase the amount of tooth structure. Showing above the gumline when a tooth has fractured close to or below the gumline or when decay or a previous filling has extended too far below the gumline to be able to maintain healthy tissue. The goal of the procedure is to create enough tooth structure above the gumline to allow the tooth to be properly restored with a filling or crown (cap). At least one tooth on either side of the affected tooth may also show increased tooth structure post-operatively.

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.

Exposure of roots: gum tissue surrounding the root of the tooth and the adjacent teeth are gently released to allow access to the roots.

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

Bone reshaping: a small area of the bone surrounding the teeth is carefully reshaped to expose more of the structure of the tooth.

Repositioning of gum tissue: the gum tissue is repositioned over the roots and bone and sutured into a favourable position.

Coverage of the surgical sites: a special covering (periodontal pack/periodontal dressing) may be placed around the necks of the teeth in the surgical site to protect the tissues 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 week after your surgery to assess the healing at the surgical site and to remove any sutures and coverings present, and again at approximately 4 weeks for a final check examination. Restoration of the tooth will be possible approximately 5 to 6 weeks after the crown lengthening procedure is completed and healing is complete. Occasionally, additional minor soft tissue recontouring is required prior to restorative procedures.

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.