



PERIODONTAL INFORMATION

WEB ADDRESSES:

– cap-acp.ca

– perio.org

PERIODONTAL POCKET REDUCTION SURGERY

Periodontal surgery is essential to correct moderate to advanced periodontal disease in specific areas of your mouth. The goal of the surgery is to gain access to the roots so that during the surgery they can be visually inspected, thoroughly cleaned and have the depths of the gum pockets reduced. This will make the affected areas of your mouth more accessible for personal oral hygiene and ongoing professional maintenance.

We will be performing some or all of the following procedures during your surgery appointments:

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 is gently released to allow access to the root.

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

Examination of roots and supporting bone: only after the roots have been thoroughly cleaned is the true contour of the bone and amount of bony support visible. At the same time, we will examine the roots to check for any other problems that may affect healing.

Bone reshaping: any minor irregularities in the bone produced by the disease will be gently smoothed and reshaped.

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

Coverage of the surgical sites: a special covering (periodontal pack/periodontal dressing) may be placed over 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.

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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 possibly again at approximately 4 weeks for a final evaluation. At that time we will also be evaluating your progress and recommending the next phase in your treatment. Occasionally, additional minor soft tissue recontouring is required to obtain optimal tissue form and allow the most favourable access for oral hygiene.

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.