



### Where does the graft material come from?

There are two primary sources of grafting material.

- 1 Your own body provides the tissue for the graft, which is usually taken from the roof of your mouth (autograft).

Obtaining the autograft involves a second small surgery to collect a section of tissue large enough to cover the graft site.

- 2 The other source is from donated human tissue matrix which has been processed to remove donor cells (allograft).

Using an allograft allows us to perform the procedure without creating a second surgical site; in other words it means we don't take the tissue from the roof of your mouth. The most commonly used donor tissue is called AlloDerm.

AlloDerm is donated human regenerative tissue matrix that is processed to remove all donor cells. Donor tissue is extensively screened and undergoes processing procedures to ensure it is virally inactivated before release for patient care.

Alloderm is widely used in both medicine and dentistry for plastic and reconstructive surgery. Originally developed to treat burn patients, it is also used in general, orthopedic, cosmetic and dental surgery.

AlloDerm is completely safe. Since its introduction in 1992, over one million AlloDerm grafts have been successfully placed with no known incidence of disease transmission.

Another advantage of using AlloDerm is that it is a manufactured product and readily available, so we can often treat you in just one visit.

### What To Expect After Gum Surgery

After gum surgery for the first 1 or 2 weeks of healing time, you must treat the graft very carefully and take great care not to disturb the sutures. This includes avoiding granular foods such as nuts or corn. You should avoid using toothpaste but you may brush areas away from the surgical site with tap water. A mild antibiotic mouth rinse containing chlorahexidine may also be used.

There may be some pain and swelling after treatment which usually resolves after just a few days. Typically ibuprofen or simply Panadol will be sufficient for pain relief.

After healing you will no longer feel the graft, but it will still be present and will gradually be replaced by your own gum tissue.

### Ongoing Care

It is very important that when the gums have been brought back to health you maintain a good routine of dental care. Generally it is recommended that you have your teeth professionally cleaned, scaled and polished every three months for the first year after treatment. These three-monthly visits are very important in minimizing the plaque levels around the gums, reducing the risk of infection.

### Possible Further Treatment

In order for the grafting procedure to be successful the causative factor(s) of the gum recession must also be addressed.

It is possible that you may need to give due consideration to • ensuring you maintain a good dental hygiene routine in the home • wearing a nightguard • orthodontics.

Your dentist will discuss what further treatment may be necessary to ensure you continue to enjoy healthy teeth and gums, and a great smile.

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## periodontal plastic surgery soft tissue graft

Creating a framework for the perfect smile, a soft tissue graft is a simple treatment for gum recession.

*No more sensitivity means  
you can enjoy your food again.  
No more unsightly exposed  
tooth roots means you can  
enjoy smiling again.*



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Did you know that receding gum tissue also means loss of supporting jaw bone?

The bone needs the gum for protection so when gum tissue recedes that protection is lost, and the bone recedes too. One way you can tell is by increased sensitivity.



Lost gum tissue & bone

## gum recession

Gum recession can be caused by several factors.



BEFORE

Gum disease (periodontal disease), aggressive tooth brushing and tooth clenching or grinding are some of the reasons why gum tissue recedes and roots become exposed.

Maloccluded or misaligned teeth are teeth that are positioned outside the normal arch form of the jaw. These teeth are subject to having abnormal forces placed on them and this too can cause gum recession.

When the root of the tooth becomes exposed, it can become sensitive to temperature change and vulnerable to decay. This is because the root surface is softer than enamel. Exposed tooth roots are also associated with bone loss. Root coverage using tissue grafts and other periodontal surgery procedures can result in improved periodontal health and a beautiful smile.

## benefits of soft tissue grafting

A soft tissue graft (or gum graft) can reduce further recession and bone loss. In many cases it will also reduce tooth sensitivity associated with receding gums.



AFTER

Healthy gum tissue protects your teeth from periodontal disease, decay and sensitivity, and helps create a great smile.

## indications, objectives and procedures to improve periodontal health

INDICATIONS	OBJECTIVES	RECOMMENDED PROCEDURE
ROOT RECESSION	Stop sensitivity, bone loss & improve aesthetics	Soft tissue grafting
"GUMMY SMILE"	To see more teeth than gums when smiling	Crown lengthening
SPACE BETWEEN TEETH OR "BLACK TRIANGLES"	Close the open spaces to eliminate dark spots and improve aesthetics	Gum tissue augmentation and papilla enhancement

## the tissue graft procedure

- First the area is completely anesthetized.



- Then the gum tissue around the teeth is lifted and pushed back to create a pocket.

- Once the gum tissue is moved out of the way, a thorough cleaning of the root surfaces is done.



- The graft material is easily slipped into the pocket.



- The new graft is positioned to cover the exposed root surfaces.



- The graft is then securely held in position with delicate sutures.



- Finally, the gum is positioned over the graft to protect it and held in place with sutures.



- The result is a beautiful new smile and improved oral health.