

WHAT WILL IT INVOLVE?

It is important that the cause of the gum recession is first identified and corrected to prevent further recession and maximise the chances of successful treatment. For example, if the cause was overzealous brushing, Dr Wadia will ensure this habit has been corrected before embarking on surgery.

There are a number of treatments for gum recession and the one recommended will depend on the aims of the treatment.

The most common treatment is the free gingival graft, which involves taking a small piece of tissue from the roof of your mouth (palate) and using this as a graft to an area that is deficient. This thickens the gums, helps facilitate oral hygiene and helps prevent further recession. This is often used for lower front teeth.

If aesthetics is of a concern then the gum is often moved (coronally advanced) to cover the recession. This may or may not be combined with a gum graft depending on the thickness of the existing gum.

Advances in the application of microsurgical techniques have led to improved success, less post-operative discomfort and reduced healing times.

EXAMPLES:

Free gingival graft (thickens the gum)



Before



After

Coronally advanced flap with graft (covers the recession)



Before



After

BENEFITS:

- Reduction in the chances of the recession progressing and compromising the tooth/teeth
- Increase in the thickness of the gums
- Improved ability to perform effective oral hygiene procedures
- Potential coverage of the root with improvement in appearance
- Potential reduction in sensitivity
- Potential reduction in the chances of root decay

RISKS:

- Pain - can be managed using over-the-counter painkillers and are usually required for 1-2 weeks
- Swelling and bruising may occur depending on the length and extent of the procedure
- An temporary increase in bleeding from the gums and graft site
- Delayed healing, post-operative infection or failure of the surgery

TIMINGS:

90 minutes for the surgery, 15-30 minutes for reviews

FEES:

Fee: £900 for the surgery, £50 in total for any reviews

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