

What are the treatment options for gum recession?

- Every case of gum recession is slightly different, and therefore many treatment options are available. The nature of the problem which caused the recession to begin with needs to be addressed first.
- If overly aggressive brushing techniques are eroding the gums, a softer toothbrush and a gentler brushing technique should be used. If poor oral hygiene is a problem, prophylaxis (professional dental cleaning) may be recommended to rid the gum pockets of debris and bacteria. In the case of a severe calculus (tartar) build up, scaling and root planing will be performed to heal gum inflammation and clean the teeth.
- Once the cause of the gingival recession has been addressed, it can be treated with a few different techniques.

1 The Modified Pin Hole Technique*

Involves moving or sliding the gum tissue down using a tiny opening but also includes the addition of donated gum tissue referred to as **Alloderm** (See **Images 1, 2**).

**This technique was developed and modified by Dr. KHOURY and is an upgrade of the Pin Hole Technique which does not have sufficient long-term data to support it's use.*



Gum Recession treated with the Modified Pin Hole technique involving moving the tissue down with the addition of donated tissue-Alloderm

- ### 2 Free Gingival Graft
- Involves using gum tissue from the roof of the mouth and is mostly used to treat the lower teeth due to the thin nature of the tissue. The graft produces very thick tissue that is the most stable overtime. A clear stent (Protective cover) is made by the office so that the patient can protect the roof of the mouth. **This is the oldest grafting technique in Periodontics** (Images 3, 4)



- ### 3 Connective Tissue Graft
- Involves using tissue from the roof of the mouth but because a tiny incision is used, it heals very quickly and tends to be the most comfortable healing following a palatal procedure. **This procedure is the most widely used by current periodontists, and is backed by a significant amount of research.** (Images 5, 6)

