



John K. Argeros, D.M.D  
Donald E. Plourde, D.M.D  
and Associates

Contemporary Dentistry and Implantology

## **SUBEPITHELIAL CONNECTIVE TISSUE GRAFT**

Your dentist and dental hygienist have told you that you have gingival recession (receding gums) and have recommended to you that you have a Subepithelial Connective Tissue Graft. The following information will help you understand what this procedure is, and why we feel you should have it.

Gingival recession is a very common dental problem that may be caused by a number of things. Some of the causes are, overzealous brushing, poor tooth position, genetics or periodontal disease. You have been shown your areas of recession and the doctor has told you a graft will correct your problem. That's good because not all areas of recession are treatable. The doctor has also explained that without a graft you can expect the condition to get worse and you may even lose your tooth. O.K., you understand why you need a graft, now here is how it's done.

Two areas of your mouth will be numbed with Novocain. One area will be the area where the graft will be placed. The other area will be the area where the graft tissue will be taken from, the donor site, usually the roof of the mouth. The tissue around the area of recession will be lifted away from the tooth to prepare an area for the graft to be placed. The donor tissue, or graft, will then be removed and placed in this prepared area. The graft will be sutured (stitched) in place. The original gum tissue will then be placed over the graft and also sutured in place. This will hold the graft in place and give it the blood supply it needs to keep it healthy. Sutures will also be placed to close the wound at the donor site. A surgical dressing that looks like silly putty will be placed over the grafted area. It will be removed at the ten day post-operative visit. You will be given a prescription for an antibiotic that we will want you to take as instructed. You will also be given a prescription for pain medicine, which you will take only if needed. A list of post-operative instructions will also be given to you, please follow these instructions, they will help you to be more comfortable after your procedure. You may also be given a prescription for an antimicrobial mouth rinse. This mouth rinse will help keep your mouth clean while you are unable to brush normally.

You will be asked to see the hygienist, on a prescribed recall schedule, so that we can keep your mouth as clean as possible and monitor your progress. It takes at least six months before we can truly evaluate the success of a subepithelial connective tissue graft.

Dental insurance plans vary, and as always, if you have insurance, please check your policy for coverage. We can and do not guarantee payment from any insurance company, so if in doubt, be sure to check it out. If you have any questions, feel free to talk with any team member.

We hope this letter has helped you understand your upcoming procedure, and as always, we thank you for allowing us to take care of your dental needs.