



International Member
American Academy of Periodontology



Dr Kuljeet Mehta Specialist in Periodontics and Implant Surgeon
Practice Limited to Periodontics and Dental Implants
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Periodontal Surgery: What Can I Expect? Why do I need periodontal surgery?

To clean and reduce periodontal pockets...

As you probably have learned by now, the main cause of periodontal disease is plaque, a sticky, colourless film that constantly forms on your teeth. If the plaque is not removed thoroughly, toxins or poisons produced by bacteria in the plaque irritate the gums and destroy supporting tissues around the teeth, forming pockets. Eventually the plaque hardens into a rough deposit called calculus or tartar. Over time, as more plaque and calculus build up, the gums continue to pull away from the teeth. Gum and bone attachment to the teeth are lost and pockets deepen. Affected teeth can become loose and eventually may be lost. You cannot keep deep pockets clean and free of plaque just by brushing and flossing alone. The pockets also may be too deep even for your dentist or hygienist to clean. Therefore, your periodontist may decide that surgery is necessary to remove plaque and calculus below the gumline. Your periodontist will reduce the pockets and position the gums to minimize areas where disease-causing bacteria can hide.

To reshape damaged bone...

If bone loss has occurred, your periodontist might perform osseous (bone) surgery. This is done to smooth the uneven or irregular surface of the damaged bone and promote healing of the periodontal pocket.

To regenerate or "regrow" tissue...

If the disease goes untreated, damage to gum and bone attachment to the teeth will continue. Plaque accumulates along the roots of the teeth, resulting in infection that may cause more serious damage to the bone supporting the teeth. Your periodontist may recommend surgical procedures to regenerate bone and supporting tissues previously lost to the disease. These techniques restore and strengthen the support of the teeth so they can function longer. In fact, there are many new technologies available to enhance bone regeneration. You may want to talk with your periodontist about these.

To expose more of the tooth to make dental repair possible...

When a tooth is decayed or broken below the gumline, periodontal surgery might be needed to adjust the gum and bone level to expose more of the tooth so it can be repaired.

To improve appearance...

In certain instances, appearance can be improved with periodontal surgery. For example, a "toothy" smile caused by gum recession or shrinkage often can be corrected by soft tissue grafting techniques. Soft tissue grafting also helps prevent further gum recession. Likewise, teeth can be made to look longer for a patient with a "gummy" smile. These are just two examples of how periodontal surgery can improve your appearance.

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Procedures include: Treatment of Periodontal Disease - Gum Disease, Dental Implants, Cosmetic Periodontics including Gum Grafting, Crown Lengthening, Ridge Preservation, Bone Regeneration & Bone Grafting.

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Will it hurt?

You should feel little or no discomfort during the procedure. Your periodontist will use an anaesthetic to numb the surgical area. In addition, there are many techniques available for relieving anxiety or discomfort during surgery.

Following surgery" the treated area could become tender, sore or swollen. Your periodontist may prescribe a medication to relieve post-surgical discomfort. Antibiotics or antibacterial rinses also may be prescribed. If you take your medicine as directed and follow your periodontist's instructions, you probably will experience only minor discomfort. Most patients resume their normal routines the day after surgery.

Will I am able to speak and eat normally after surgery?

You should be able to speak normally after the anaesthetic has worn off. It is important to eat a well-balanced, nutritious diet after surgery. You may need to avoid chewing some foods in the surgical area for a few days.

Following some types of periodontal surgery, the teeth may be more sensitive to hot and cold. This will diminish considerably during the first few weeks after surgery.

When will I need to return to my periodontist?

Usually patients return for post-surgical treatment in a week or two. At this time, it may be necessary to remove any stitches and cleanse the surgical area. Additional follow-up appointments will be required to evaluate your healing response and review proper oral hygiene procedures.

Will I ever need surgery again?

In most instances, you will not need surgery in the same area again. However, in certain cases, retreatment or additional surgery may be needed. As you have learned, you may be prone to periodontal diseases. Proper oral hygiene procedures at home and regular professional care are key factors in achieving a successful long term result.

Periodontal diseases are chronic diseases that require constant and careful attention. Like other chronic diseases such as diabetes, hypertension, and asthma there is no cure. Periodontal surgery helps control disease and prevents further destruction to the gums and bone, thereby minimizing tooth loss.

What can I do to help control the disease?

Periodontal disease can and will recur if you do not follow a strict program of supportive periodontal therapy. You play the major role in preventing further outbreaks of disease. Nothing will help you maintain the results of professional treatment better than daily removal of plaque by proper brushing, flossing and other cleaning methods recommended for you.

There are many benefits to safeguarding your periodontal health. You can chew more comfortably, enjoy fresher breath, and keep a healthy smile, all assets to your appearance. For feeling and looking good, nothing works better than your natural teeth. When your efforts are combined with regular visits to your family dentist and periodontist, you are on your way to keeping your teeth for a lifetime.

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