



GINGIVECTOMY

When smiling, patients who show a larger proportion of gums to teeth are known to have a gummy smile. Gummy smiles can develop for a variety of reasons and do not necessarily indicate that there is anything wrong with the health of your teeth or gums.

In some cases, gummy smiles can be caused by increased inflammation in the tissues caused by periodontal disease or they can be a genetic predisposition that affects how the teeth erupt during early development. Regardless of the reason, patients often feel self-conscious about their appearance and will seek to improve this issue by having a gum contouring procedure performed.

Gum contouring, or gingivectomy, is a procedure that is commonly performed to address patients who have an excessive amount of gum tissue (gummy smile). During the gum contouring procedure, the periodontist will remove excess tissue to create a gumline that is more uniform and aesthetically pleasing. In addition to the improved aesthetic appearance, gum contouring also improves the patient's overall oral health by reducing the pocket depths between the teeth and gums.

The procedure will begin with your periodontist administering a local anesthetic to get the area numb. Once you are properly numbed, your periodontist will use either a scalpel or laser to remove excess tissue and begin reshaping the gum line to a more desirable aesthetic appearance. The procedure can typically be completed within one hour and results are immediate. Results will continue to improve as healing occurs over the course of 2 weeks.



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What to expect:

- Sensitive to temperature
- Possible gum recession
- Mild/moderate discomfort
- Inflammation
- Post-op appointments
- If you take ASPIRIN, continue to take it
- If you take blood thinning medications, please follow your periodontist and doctor's instructions on taking it prior to surgery

Pre op instructions:

- No caffeine the day of procedure
- No alcohol the day before and day of the procedure
- No smoking at least 1 week prior to and after procedure.

Post op instructions:

- Soft food diet following surgery; no carbonation
- No straws, spitting, hard swishing
- Avoid heavy lifting/exercise
- Must maintain good oral hygiene
- Soft toothbrush use for the first week
- Ice pack for first 24 hours only
- StellaLife Rinse 3x a day until bottle is finished
- For pain control and reduction of swelling, take 600 mg Ibuprofen (this is 3 over the counter 200mg tablets), wait 3 hours then take 500mg Tylenol (1 over the counter tablet) and continue to alternate medications every 3 hours. If this does not control your pain, take the 600 mg ibuprofen and 500 mg Tylenol at the same time, every 6 hrs.
- If medications were prescribed, please follow the instructions on the bottle for their use.