



GUIDED TISSUE REGENERATION

Teeth are held in place by gums, bone, and connective tissue. Periodontal disease can cause the bone to break down. Regenerative procedures can be used to stimulate growth of new bone if you have lost bone around a tooth. This growth increases the height of the bone around the tooth to provide more support and stability around the root of the tooth. Restoring even half of the amount of lost bone extends the life of the tooth. One type of regenerative procedure is called guided tissue regeneration (GTR). Common places to see the need for this procedure are between roots of posterior teeth and the back side of a second molar (a defect can commonly be seen after wisdom teeth extraction).

In certain cases, bone loss from periodontal disease can lead to defects in the bone around teeth. GTR is a method used to repair periodontal defects so that a tooth, or set of teeth, has more support and stability. Part of the GTR procedure is evaluating the defect surgically and placing bone graft in the bony defect, if the anatomy allows for it. The bone graft helps promote new bone growth.

GTR uses a resorbable collagen membrane. This keeps soft tissue, which is fast growing, from growing into the bony defect so the bone graft can succeed, as bone cells tend to grow more slowly.

On the day of your surgery your periodontist will first get you numb using a local anesthetic. Then the gum is gently opened and everything is cleaned out to remove all bacteria. Bone graft is placed in the defect and is then covered with a membrane. Your gum tissues are then replaced back over the defect. The site is then secured with sutures. The stitches and membrane dissolve or are removed at your 2 week post op visit. In about 6 months, new attachments and bone have grown to support the tooth or teeth. You will need to maintain good oral hygiene and continue with regular dental visits to prevent relapse.



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What to expect:

- Prescriptions
- Sensitive to temperature
- Possible gum recession
- Mild/moderate discomfort
- Inflammation
- Sutures
- 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

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.

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.