

Barts and the London Dental Institute, Restorative Dept
**Management of Generalized Gingival Recession with the Bilaminar
 Coronally Advanced Envelope Technique and Allograft Acellular
 Dermal Matrix**

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- A 28 year old male with a history of orthodontic treatment and abrasive brushing habit was seen on the Periodontology postgraduate department and diagnosed with generalized gingival recession 2–5mm RT1 A (Cairo 2011) / Miller Class I & II (Miller 1985).
- Following changes in brushing habits, treatment was carried out in two surgical visits utilizing the bilaminar Coronally advanced envelope technique (Zucchelli & De Sanctis 2000) with Acellular dermal matrix grafts (ADM) (AlloDerm®, BIOHORIZONS, USA) preparing each flap from the upper first molar to upper central incisor.
- The patient was reviewed regularly. Upon final review at 6 months complete coverage was achieved on all teeth besides residual 1–2mm in the canines and first premolars. An increase in width and thickness of attached keratinized gingivae.
- Excellent oral hygiene was maintained throughout and the patient was happy with the outcome. They have been placed on regular SPT.
- Studies have shown the use of acellular dermal matrix in root coverage procedures can yield 75% coverage or complete coverage in 55% of cases (Cairo et al 2014). Though use of a connective tissue graft can yield more predictable results, given the extensive number of teeth with recession this would have increased patient morbidity and risk of post operative complications (Harris et al 2005). In relation to flap design, a recent RCT has shown superior outcomes of 93.81% mean root coverage with the use of an envelope flap + ADM vs 75.72% mean root coverage with use of a tunnelling technique + ADM (Ozenci et al 2015).

