

## How should I care for the surgery site?

- Take painkillers prior to and immediately after the surgery and continue to do so as necessary.
- You may use ice packs over the outside cheek area for up to 5 minutes at a time to reduce any swelling.
- If there is bleeding apply pressure to the area with a sterile gauze pad for 30 minutes.
- Clean your teeth as instructed by your dentist. Clean all other areas as normal.
- Use recommended mouthwash over the surgical site twice daily for 1-2 weeks. Wait at least 30 mins after toothbrushing before using mouthwash.
- A soft diet is recommended; i.e. soups, smoothies, pasta, mashed potato.
- Do not smoke/vape during the healing phase as wound healing will be delayed and can compromise the success of treatment.



- Avoid drinking alcohol after the surgery.
- Please do not attempt to remove any stitches by yourself. As the tissues begin to heal, you may notice they may pull against the stitches and dressing.
- Avoid sporting activity or exertion of any type for at least 48 hours.
- Do not disturb the site.

## Who are we?

**The British Society of Periodontology and Implant Dentistry was founded in 1949:**

*"...to promote for the general health, wellbeing and knowledge of the public, the art and science of dentistry and in particular the art and science of periodontology and dental implantology and in furtherance thereof to advance all aspects of periodontology and dental implantology and to promote improvements in the teaching of the same."*



British Society of  
Periodontology and  
Implant Dentistry

More information on gum health and periodontal disease can be found at: [bsperio.org.uk/patients](https://bsperio.org.uk/patients)  
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# Gum surgery



*What you need to know*

## Why do I need surgery?

There are several types of gum surgeries, which are advanced treatments for the following situations:

- Severe periodontal disease
- Regenerate gum tissues (including bone)
- Correction of gum recession
- Reshaping gum tissues



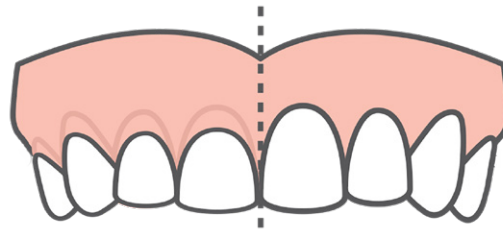
### Severe periodontal disease

- To create access to root surfaces beneath the gum in order to allow them to be professionally cleaned.
- To reshape the gum and underlying bone to make efficient cleaning easier to patients and professionals in the longer term.

### Regenerating lost bone

Regenerative surgery aims to use materials that either:

- Act as a scaffold for healing
- Act to stimulate your own cells to repair the tissues that have been damaged through the gum disease process.



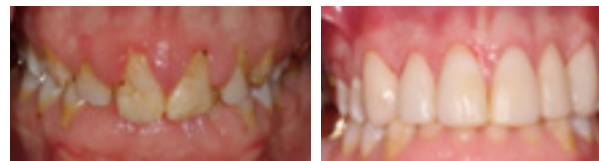
### Correction of gum recession

- This may be carried out if there has been significant gum recession and loss of tissue around the neck of the tooth.
- Treatment often involves the use of a graft - a small piece of tissue is taken from the roof of the mouth.

### Reshaping gum tissues

Sometimes it is necessary to reshape gum tissues to improve appearance where

- There is gum overgrowth due to hormonal changes, hereditary conditions or even side effects of drugs.
- Where a tooth has broken below the gum line. Rarely for teeth which are heavily worn down.



### What are the risks and complications?

- Pain
- Swelling
- Bruising
- Bleeding
- Recession of gums and increased spaces between teeth
- Transient or permanent sensitivity of the teeth
- The need to further revise the procedure
- Infection

### Additionally some rare risks are:

- Nerve damage resulting in permanent or short-term loss of sensation to the lip, chin or tongue when operating on the lower jaw.
- Damage to the adjacent teeth.

Most patients are able to manage these complications with paracetamol and Ibuprofen. Post operative infections are rare. In the event of a problem, further care from the surgeon should be sought.



### Instructions and care before surgery

- A light meal is recommended prior to surgery unless otherwise instructed
- Please refrain from smoking and drinking alcohol prior to the procedure
- Please make sure that you notify us of any changes in your health or medications prior to your appointment
- Painkillers

For more information about periodontal surgery visit: [bsperio.org.uk/patients](https://bsperio.org.uk/patients)