



## *Gingival Recession Fact Sheet*

**Gingival recession** = A combination of gum loss and underlying lack/loss of alveolar bone

### **Causes of gum recession:**

- Inflammation
- Thin Tissue Biotype – Lack of Attached Gingiva
- Lack of Alveolar Bone Thickness
- Labially Positioned Teeth
- Orthodontic Arch Expansion / Facial Tooth Movement
- Mechanical Trauma / Oral Habits
- Frenum Pull
- Smoking / Smokeless tobacco
- Occlusal Trauma
- Cervical Decay
- Violation of Biologic Width by Subgingival Restoration

### **When should tissue grafting be considered?**

#### Gingival Grafting

- Lack of Attached Gingiva / Mucogingival Defect with associated inflammation or tenderness
- Gingival recession greater than 4mm and less than 1mm of remaining attached gingiva
- Frenum insertion less than 2mm from gingival margin with progressive loss of attachment or chronic inflammation
- Orthodontic considerations / planned arch expansion and  $\leq$  1mm of attached gingiva
- Teeth with subgingival restorative margins that extend beyond the mucogingival junction

#### Root Coverage Grafting

- Esthetic complaint due to root exposure
- Thermal sensitivity due to root exposure
- Gingival recession greater than 4mm
- Shallow cervical root caries
- At least 1mm remaining attached gingiva

### **Requirements for grafting to achieve complete root coverage:**

- 1) No interproximal bone loss / No papilla loss
- 2) At least 1mm of remaining attached gingiva

### **When is palatal donor tissue required (*donor allograft or pinhole technique are not an option*)?**

- 1) If there is less than 1mm of remaining attached gingiva
- 2) Patient is a smoker

**How long is a gum grafting surgery?** 1 site = 30 - 45 minutes, 1 arch = 90 - 120 minutes

**Is sedation required?** No, sedation is optional but not required.

**Is the procedure painful?** No, local anesthetic prevents any discomfort during the procedure.

**What is the minimum age for tissue grafting procedures?** Age 7, with partial eruption of the permanent lower incisors.

**How long does it take for the palate to heal?** For gingival grafting, donor site heals at a rate of 0.5mm per day – usually takes 3 weeks to completely heal. For connective tissue grafting, the wound heals rapidly within 10 days.

**Does a graft from the palate leave a depression or a scar long term?** No, complete regeneration of the harvested tissue is expected with no scarring.

**Can gum grafts be placed around implants?** Yes, with similar predictability as grafts around natural teeth.

**Do gum grafts attach to the root? Or create pockets?** Gum grafts attach strongly and securely to root surfaces and do not create periodontal pockets.