

# Treating gum recession with Alloderm

**Simon Darfoor** talks about a new way to reverse this sign of ageing

**T**raditionally, it has been not feasible to treat exposed gums, but with Alloderm it is now possible to reverse this sign of ageing and give patients back a beautiful smile by covering up areas of gum recession. Historically, treatment was geared to maintenance of existing gum tissue following its loss, but now this loss can be predictably reversed, producing great and long lasting results.

## Case report

A 35-year-old woman self-referred regarding the degree of localised gum recession at site 23. She presented with localised acute dentinal sensitivity and was concerned about the cosmetic implications in relation to her smile.

She had been previously advised that nothing could be done and any treatment would be limited to class V composite/GIC restorations and/or desensitisation measures (Sensodyne toothpaste, topical Fluoride application).

Examination revealed 3mm of localised gum recession, traumatic in origin with excellent oral hygiene and a well-informed and well-motivated patient.

The first part of the treatment was to re-educate the patient in stringent oral hygiene measures with emphasis on a corrective brushing technique.

Radiographs were then taken to assess interproximal bone levels and the vascularity in the area of potential treatment. Following this the corrective aesthetic gum grafting procedure was discussed in some detail and the basis of how Alloderm work was again discussed in some detail.

The patient had grafting done in two specific sites to:

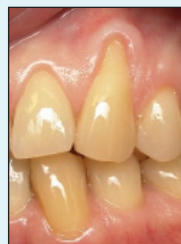
1. Address cosmetic impact of gum recession localised to her UL3 (upper left canine tooth)
2. Address the issue of gum tissue loss on her UR6 (upper right firstst Molar tooth). Here by a history of aggressive brushing and localised gum disease (gingivitis), gum tissue volume was lost and the Alloderm graft was not to achieve root coverage, but to increase the gum tissue bulk/thickness around this tooth.



Prior to treatment



Following treatment



UL3 before

UL3 after



UR6 before

UR6 after

# In theory: clinical

The stringent post-operative protocol was again re-emphasised.

Treatment was scheduled and carried out.

## Discussion

Alloderm is donated human tissue that is processed to remove all cells resulting in a product that promotes rapid revascularisation.

The graft is then ready for implantation to help the body begin its own tissue regenerative process. It exhibits a remarkable versatility to convert into functional tissues that provide structural support.

It is widely used in medicine for plastic and reconstructive surgery and is used in challenging hernia and abdominal surgeries, breast reconstruction, treatment and repair of burns and now can be clinically applied in cosmetic gum grafting techniques.

It works by repairing damaged tissue by providing a foundation for new tissue regeneration. The components preserved in Alloderm contain the information that will help a patient's own tissue to grow into the graft after placement.

Soon after placement, blood flows from tissue into the Alloderm. Next, the patient's own cells move into the Alloderm and begin the process of tissue regeneration. Over time, Alloderm allows regrowth of healthy gum tissue.

After surgery, the patient will have some initial swelling and possibly some mild bruising.

One should avoid pulling on the lip to look at the area of surgery or to persistently rub the tongue over the area. This could lead to an increase in swelling and delayed healing.

Brushing the area of surgery should

## Current concepts in soft tissue managements around teeth and dental implants

Lecture + Hands-on Training (6 hours CPD)

Course objectives:

- It will present the aetiology of gingival recession and the different techniques used to enhance the aesthetic emergence profile of site and the health of the peri-implant tissues. Oral plastic surgical procedures like connective tissue augmentation, mucogingival treatment and special soft tissue flap designs for predictable root surface coverage will be presented.
- Biological and clinical aspects of simple and advanced soft tissue surgical techniques including the key elements for esthetic success will be presented, with particular relevance to the peri-implant gingival framework
- Flap design, flap management and suturing methods
- Treatment plan clinical scenarios requiring soft tissue grafting around implants and natural teeth
- Decision making based on outcome of available soft tissue protocols and biomaterials

Dates: Tuesday 3 May 2011 and Tuesday 26 July 2011

Cost: £375 inclusive of lunch + refreshments

For more information, email [reception@drsimondarfoor.com](mailto:reception@drsimondarfoor.com) or visit [www.drsimondarfoor.com](http://www.drsimondarfoor.com).

be avoided for 7-10 days as brushing the site could damage the graft in the early healing phase. Patients should continue brushing in all other areas as normal.

Healing times differ from person to person and also on the complexity of the procedure. Excellent results would be visible immediately after surgery with complete maturation of the graft taking up to three months to occur.

The body's natural healing process will stimulate your cells to enter the graft and begin the regeneration and integration process shortly after surgery.

## Summary

There are minimal side effects to this simple procedure with some initial swelling and possible mild bruising after the Alloderm graft has been fitted, similar to that of any other minor cosmetic procedure.

During this simple and fast healing process, gums appear natural and there is no sign of the Alloderm graft, just your own restored and healthy gum tissue.

Consider this a quick fix treatment that lasts a lifetime and a procedure with nominal downtime unlike other invasive dental surgery

Alloderm allows for the predictable treatment of receding gums and is a major breakthrough at both cosmetic and wider health levels.



Dr Simon Darfoor BDS MFDS.RCS.Eng DiplmpDent graduated from Guy's Hospital in 1998. He limits his practice in Harley Street, London to surgical dentistry that encompasses the surgical and restorative aspects of implant dentistry and on gum regenerative procedures.

Dr Darfoor has written articles published in *Dentistry* magazine, lectures regularly on topics on implant and regenerative surgical techniques and runs a postgraduate dental educational continuum. For more information, email [reception@drsimondarfoor.com](mailto:reception@drsimondarfoor.com).