



## Create a Beautiful Smile with Periodontal Plastic Surgery

A confident, beautiful smile is one of the first things people notice about your face. If you're not happy with your smile, a periodontist can help! Just as cosmetic surgery has been helping people improve their appearance, several periodontal plastic surgery procedures are available to help enhance the aesthetics of your teeth and gums. Here are some examples of popular procedures:

### Crown Lengthening

Crown lengthening is a procedure to remove excess gum tissue, exposing more of the "crown" of the tooth. This procedure is for patients who feel their teeth are too short or their gum line is uneven. The gum line is then sculpted to create the right proportion between gum tissue and tooth surface. This can be done to just one tooth, or to enhance your entire smile.

### Dental Implants

A dental implant is an artificial tooth root placed in the jaw to hold a replacement tooth or bridge in place, or to provide support for a denture. Dental implants are the answer for many people with missing or damaged teeth- implants look and feel just like your own teeth!

### Root Coverage

During a root coverage procedure, gum tissue from your palate is used to cover the exposed tooth roots. These procedures are used to cover roots, develop gum tissue where needed, or to make dental implants look more natural. In some cases,

this procedure can cover exposed roots to protect them from decay or prepare your teeth for orthodontic treatment. Your tooth sensitivity may be reduced as well, and your smile may also improve!

### Ridge Augmentation

Ridge augmentation procedures are used to correct irregularities in the jawbone where your natural teeth are missing. They are also used to prevent the jawbone from collapsing after a tooth extraction, and help to even out dental implants that may seem too long compared to the rest of your teeth.

### Pocket Depth Reduction

Deep pockets caused by periodontal disease can be corrected through pocket depth reduction. This procedure is used to clean the pockets and secure the gum tissue in its original place. Reducing pocket depth and eliminating existing bacteria are important to prevent damage caused by the progression of periodontal disease and to help maintain your healthy smile.

### Combination Procedures

Sometimes you may need a few of these procedures to build the framework for your perfect smile. Often, periodontal plastic surgery is used to lay the foundation for further cosmetic enhancements, such as orthodontics and veneers. A combination of periodontal procedures can result in a beautiful new smile and improved periodontal health- your keys to smiling, eating, and speaking with comfort and confidence.



### Conscious Sedation: Anxiety Control to Put Your Mind at Ease

Your dental professional may have recommended conscious sedation to ensure that you are comfortable and relaxed during your procedure. Conscious sedation is a safe, drug-induced state in which you are conscious and pleasantly relaxed- yet free of fear, anxiety, and apprehension. It is different than general anesthesia, and it does not carry the inherent risks associated with general anesthesia. If you have questions about conscious sedation, ask your dental professional for more information.

The American Academy of Periodontology Patient Page is a public service of the AAP and should not be used as a substitute for the care and advice of your personal periodontist. There may be variations in treatment that your periodontist will recommend based on individual facts and circumstances. Visit [perio.org](http://perio.org) to assess your risk and for more information on periodontal disease.