



Soft-Tissue Grafting

A Key Step Toward Restoring Your Smile



ZIMMER BIOMET
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What Can I Expect From A Soft-Tissue Grafting Procedure?

Prior to your procedure, your doctor will go over any pre-operative instructions you should follow, as well as any specifics about the surgical process. The following general steps may be included:



A local anesthetic is applied to the grafting site.



The existing gum tissue is loosened to make room for the tissue graft.



The grafting material is placed under the gum tissue at the grafting site and stabilized with a protective covering.



The area is sutured—stitches will either dissolve or be removed by your doctor in 7 to 21 days.

5 Allow a few weeks to a few months for healing depending on your doctor's recommendation.



What Are The Potential Benefits Of Soft-Tissue Grafting?

For decades, soft-tissue grafting has been an effective method for repairing and recreating lost gum tissue. Over time, techniques and materials have steadily improved, limiting the need to take tissue from another part of your mouth.

Additional Potential Benefits May Include:

- Prevention or reduction of sensitivity by covering the exposed root
- Protection from future cavities
- Symmetry in your gum line, creating an improved smile
- Creation of a suitable environment for implant placement

How Can I Maintain My Smile After The Procedure?

There are several ways to help maintain your gum line and the health of your gums.

- Use a soft toothbrush
- Avoid abrasive toothpastes
- Ask your doctor or dental hygienist to advise you on proper brushing techniques

Where Does Grafted Tissue Come From?

For years, soft-tissue grafting material had to be taken from another part of your mouth, requiring additional surgery. Today, grafting materials such as *Puros*[®] Dermis may be used in place of your own tissue, with no additional surgery required. During the healing process the grafting material is intended to act as a scaffold and be replaced by your own new cells, leaving only your own new gum tissue in place.

Please consult with your doctor to find out if Zimmer Biomet's soft-tissue grafting solutions are right for you.

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Why Do I Need Soft-Tissue Grafting?

Soft-tissue grafting is recommended when you have gum recession that has left the root of a tooth exposed, or you're at risk of root exposure due to recession.

Soft-tissue grafting is a common procedure that is intended to recreate your gum line and prevent further deterioration of the gums, while enhancing the appearance of your smile. It can be achieved using your own soft tissue with a surgical procedure, or by using a commercially-available alternative.

Gum Recession Can Be Caused By:

- Aggressive brushing
- Gum disease
- Gum tissue that is naturally thin
- Previous orthodontic treatments
- Previous tooth loss



Receded Gum Tissue
(Before soft-tissue grafting)



Healthy Gum Tissue
(Before soft-tissue grafting)

Why Is Thick Tissue Better Than Thin?

Thick gum tissue is critical to maintaining a healthy gum line and mouth. It makes your gums more resistant to recession over time and it is more comfortable to brush.

Additionally, thick gum tissue is important for achieving aesthetic results if you have a dental implant. Thick tissue helps to ensure that the metal portion of the implant does not show through and create a darker appearance in the implant area.

While this brochure is designed to address some of the frequently asked questions about soft-tissue grafting, your doctor remains your best source for information regarding soft-tissue grafting and whether this procedure is right for you. Your doctor will advise you on specific procedural expectations, warnings, risks, contraindications and potential adverse effects associated with the soft-tissue grafting procedure. Your doctor will provide you with individual post-operative care instructions and will answer any additional questions or concerns you may have regarding the procedure.



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