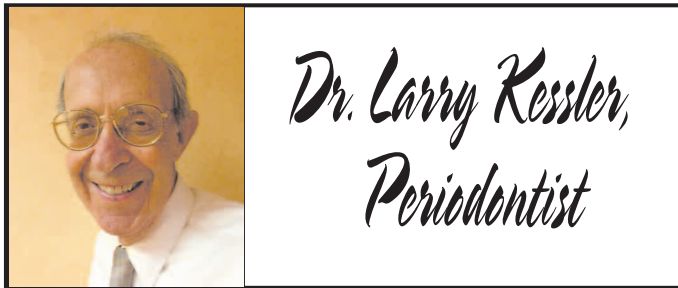


Oral Health Advice



One of my girlfriends, who lives out West told me she had gum recession and some roots of her teeth exposed. she said she had gum grafting with no stitches needed. what do you know about this?

You are referring to an outstanding technique developed by a Dr Chao, known as the Pinhole Surgical Technique or Pinhole Gum Rejuvenation.

There are no incisions, no suturing, no grafting tissue from your palate. The post op is relatively uneventful, with minimal discomfort and swelling.

As the name says, the whole procedure is done by just making a pinhole for access to carry out the procedure. Success rate is very high.

Untreated gum recession can create many problems. As the gum recedes the underlying bone holding the teeth also recedes. This jeopardizes the life of the tooth, can result in sensitivity to sweets or thermal (hot or cold) problems.

There are also cosmetic considerations. If one or two teeth have a lot of recession it affects your smile, hence the expression "long in the tooth."

Gums recede for many reasons, over zealous brushing, hard toothbrush heads, teeth grinding, poor oral hygiene, plaque buildup and bacterial irritation.

If you would like more information on the Pinhole Technique, contact us by phone or email, <LKGUMS@aol.com>. We are more than happy to help you.

Dr. Kessler's office is located at 8950 SW 74 Ct., Suite 1201, directly across from Dadeland Mall, and may be reached at 305-670-3800 or visit online at <www.wesavesmiles.com>.