



## PRESS RELEASE

### **Sacramento Dentistry Group Introduces a New Method for Fixing Gum Recession**

SACRAMENTO, CA — December 12, 2014 — During their daily practice, dentists often address the dangers of gum recession. This unfortunately common problem describes the gums creeping away from the teeth, revealing the roots. Since the roots are made of dentin, a much softer material than tooth enamel, they easily decay when exposed to acids from foods and oral bacteria. Restoring the gums has often required grafting on extra tissue via oral surgery. Yet the procedures and recovery involved in grafting discourage many from considering the treatment. Now dental science has introduced a new technique for solving gum recession that eliminates the complications common to tissue grafts. The Sacramento Dentistry Group is pleased to offer local patients the pinhole surgical technique.

#### **Pinhole Surgical Technique Described**

The pinhole surgical technique (PST) creates a small hole above the gum line at sites of gum recession. A probe is then inserted into the hole, between the front and back layers of the gum tissue. The flexible gums are gently lifted and brought back down to their normal location next to the tooth enamel. The interior space created by this procedure is then filled with a biomaterial that the body reabsorbs over time. This material holds the gums in place until they reattach on their own, a process that takes only a matter of days. The pinhole repairs itself, usually on the same day. Amazingly enough, the time required to complete PST for a number of teeth is generally only twenty to thirty minutes!

#### **PST Contrasted with Tissue Grafts**

Dentists, periodontists, oral surgeons and dental patients are appreciating PST over tissue grafts for the following reasons:

- Tissue grafts require at least two surgery sites with cuts and sutures. Pinhole surgical technique requires a small hole and generally no suturing.
- Tissue grafts require two to three weeks to heal, with a period for recuperation. PST averages a week of healing, with no recuperation necessary.
- Tissue grafts are often painful after surgery, but most PST patients report little, if any, pain after their treatment.
- Tissue grafting generally takes an hour to ninety minutes, while PST is complete in a third of that time.

As more dentists acquire this technique, its popularity will undoubtedly spread due to the good results obtained worldwide. At this time, very few dental offices in the Sacramento area are practicing PST, but Dr. Marjorie Castro and the downtown Sacramento Dentistry Group are one of them.

#### **Before the PST Procedure**

Since gum recession is often caused by gum disease, a primary step in solving the problem is first treating any gingivitis or periodontitis. Once the bacterial infection is removed from the mouth and the gums return to their healthy state, PST can be started. Ten or more teeth can be treated in one session, unlike tissue grafting which usually repairs only one to three teeth at a time. This results in considerable savings for our patients both in time and expense.

For more information on PST, you may call the Sacramento Dentistry Group at 916-538-6900, contact them via their website ([sacramentodentistry.com](http://sacramentodentistry.com)) or visit their downtown dental office at 1105 E Street. The office is offering free consultations so patients may learn how gum recession can be solved quickly and effectively with this new dental treatment — the pinhole surgical technique!