

## Gum Lift- An Aesthetic procedure –An Overview

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### ABSTRACT

A Gum lift, also known as gingivectomy is a surgical dental procedure done for aesthetic purposes such as remodelling the size, shape, length and appearance of the tooth and to bring symmetry. It is also done to prevent gummy smile and removal of overgrown gingival tissue. For a very long period of time, dentists have used this technique to cure gum diseases and only for past few years this procedure has been used for aesthetics. The cosmetic gum lifting procedures have been first developed in the late 1980s. Sometimes gum lifting procedures even include reshaping of the bones to reduce the upper jaw prominence and to bring out the tooth and gum ratio. Simple gum contouring can result in relapse of gingival growth while these procedures give a permanent solution to gum problems. The techniques available for gum lift are electrosurgery, surgical gingivectomy, laser gingivectomy.

**KEY WORDS** : Gum tissue, aesthetics, gingivectomy, electrosurgery, laser.

- The teeth appear to be short due to the gum tissue covering most of the cervical region of the crown.
- Shorter teeth due to wear and genetically reasons.
- Short upper lips.
- A hyper active upper lip lifts too much when smiling, thus displaying a more gum tissue.
- Enlarged gingiva also called gingival hypertrophy.
- Upper jaw overgrowth resulting in increased vertical height of maxilla.

### DIFFERENT TECHNIQUES OF GUM LIFT

#### ➤ ELECTROSURGERY:

“The intentional passage of high frequency waveforms of currents through tissues of the body to achieve a controllable surgical effect.”



### REASONS FOR A GUMMY SMILE

The teeth that show while we smile is based on so many factors.



There is a rapid change in the polarity (300 kHz to 4 MHz) resulting in oscillation of the ions in gingival cells and a friction is being produced. This friction converts electrical energy into thermal energy. Desiccation and coagulation happens and the water content of the cells is driven out, by which haemostasis is achieved and vaporisation of the cells happens.

There are two types of electro surgical units; mono polar and bipolar.

➤ **SURGICAL GINGIVECTOMY:**

Patient is administered with local anaesthesia and the surgical scalpel is used to remove the gingival tissue around the desired tooth area. The remaining gums are attached with the tooth by suturing. A surgical pack and dressing is placed around the gingiva and the tooth after the procedure for a week.



➤ **LASER GINGIVECTOMY:**

Dental lasers are most commonly used for gingivectomy. The precise incision of the gingiva is achieved by all laser wavelengths for periodontal, cosmetic and restorative purposes. The diode lasers are small in setup and comes with better price. Less pain and quick healing are often seen postoperatively. The need for suturing and packing is rare.



Types of laser used are:

- Diode laser.
- HD:YAG (Neodymium: Yttrium Aluminium Garnet) laser.

- CO2 laser.

**HEALING AFTER A GUM LIFT**

The longer the resting period after a gum lift surgery, the shorter the healing period is. It is important to stay hydrated prior to the surgery. General healing time is from 7 to 10 days. Few steps to speed the recovery time;

- Very gentle brushing and flossing is required.
- Alcohol free mouth wash or a simple salt water solution should be used to clean the mouth.
- Rinsing with saline rinse is an ideal way to remove any food particle residues.
- Any form of aspirin intake should be avoided. Scab formation may be seen which usually falls off when healed.
- Soft and cool foods like egg, rice, yogurt, cottage cheese, soft vegetables and ice cream can be taken for the first few days after surgery.
- Spicy and crunchy food and fruits with tiny seeds such as strawberry, kiwis which can easily get into the gingiva should be avoided.
- To ease the pain, Tylenol or Advil can be taken as directed by the dentist.

**ADVANTAGES**

1. Aesthetics is improved.
2. Minimal soft tissue is removed.
3. Periodontal structures are not compromised.
4. Uneven gingival zeniths are corrected.
5. The clinical crown height is lengthened.
6. The display amount of maxillary gingiva is reduced.
7. Allows sub-gingival and supra-gingival restorations.
8. Additional tooth structure is attained to support the restorations.

**DISADVANTAGES**

1. A bony defect cannot be corrected. A separate surgery is performed prior to gum lift.
2. Fragile gingiva is difficult to lift.
3. The location of base of gingival pocket play a major role in healing.
4. "Black triangles" may develop depending on the shape of the anterior teeth.

**CONCLUSION**

This aesthetic dental procedure can give an even gumline and a smile that we can be proud of. Having an healthy and beautiful smile is not

only important for our overall health but also for our self-esteem!

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