

Oral Hygiene Care 6 Weeks After Pinhole Surgery (On the surgical site)

It takes at least 6 months for the new gum and bone growth to mature and become stable. We may actually see additional root coverage (called “creep”) occur during this time. Avoid any habits or conditions that can cause gum recession to allow for this possible additional “creep” to occur. Below are helpful tips to get the best results.

Toothbrushing

- Brush the surgical site using an ***extra soft*** toothbrush. Colgate® Wave™ Sensitive Toothbrush, Ultra Soft is one example.
- Use a roll technique when brushing the surgical site (vertically from the gums to the biting surfaces of the teeth).

Electric Toothbrushes

- Do not use an electric toothbrush till ***after 6 months***.
- After 6 months, if you use an electric toothbrush it should be held with your fingers like a flute to avoid excessive pressure on the gums when brushing your teeth.

Dental Flossing

- Floss well against the sides of the teeth being careful not to allow the accidental snapping of the floss into the gums as you insert it between teeth. Also avoid aggressively flossing under the gums. Both these habits will injure the gums and cause gum recession again.

Toothpicks , Rubber Tips, Interproximal Brushes

- Improper use of these devices by allowing them to press firmly on the gums or to use them to aggressively clean under the gums will cause gum recession again.

Waterpiks

- If using a Waterpik, use the lowest power mode.

If you are one whose calcium deposits, called tartar or calculus, form quickly between your teeth, then this condition can prevent the gums from filling the spaces between teeth. Every effort must be made using the techniques above to prevent this from occurring. Additional teeth cleanings may be needed for the first 6 months till the gums mature.