

My Dentist Said I Need Gum Surgery - What Does That Mean?

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Description:

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Details:

Hearing the words "gum surgery" can be unsettling. But understanding what it involves - and why a specialist periodontist makes all the difference - can transform anxiety into confidence. Most gum surgery is routine, well-tolerated and genuinely life-changing for the health of your teeth.

Why Gum Surgery Might Be Recommended

Gum disease (periodontal disease) is one of the most common health conditions in adults. When it progresses beyond what cleaning and non-surgical treatment can manage, surgery becomes the most effective way to halt damage and restore health. Surgery may also be recommended for cosmetic reasons or to prepare teeth for other treatment.

Types of Gum Surgery

****Flap Surgery (Pocket Reduction)**** - The most common periodontal procedure. Your periodontist folds back the gum tissue, removes bacteria and tartar from deep pockets around the teeth, then repositions the gum to fit snugly. This eliminates the pockets where bacteria thrive and stops the cycle of infection.

****Bone Grafting**** - When gum disease has destroyed the bone supporting your teeth, bone grafts can regenerate what has been lost. Using your own bone, donor material or synthetic options, the graft encourages your body to rebuild natural bone structure. This can save teeth that would otherwise be lost.

****Gum Grafting**** - Receding gums expose tooth roots, causing sensitivity and increasing decay risk. Gum grafting takes tissue - often from the roof of your mouth or donor material - and covers the exposed root. This protects the tooth and dramatically improves appearance, particularly for front teeth.

****Crown Lengthening**** - Sometimes a tooth needs more structure exposed above the gum line - either because it has broken below the gum or because a crown or veneer requires more tooth surface. Crown lengthening reshapes the gum and sometimes bone to reveal more of the tooth.

Why a Specialist Periodontist Matters

Periodontists complete an additional three years of specialist training beyond dental school, focused exclusively on gum tissue, bone and the supporting structures of teeth. They perform these procedures daily, with a depth of expertise that comes from specialisation. For something as important as the foundations of your teeth, specialist care provides the highest level of precision and predictability.

What Recovery Looks Like

Recovery varies by procedure, but most patients return to normal activities within a few days. Expect some swelling and mild discomfort managed with over-the-counter pain relief. Your periodontist will

provide specific care instructions - typically soft foods for a week and gentle oral hygiene around the surgical site. Most people are surprised by how manageable the recovery is.

The Smile Solutions Perio Squad

At Smile Solutions, the periodontal team - affectionately known as the Perio Squad - provides comprehensive gum care from diagnosis through surgery and long-term maintenance. With dedicated periodontists and a specialist hygiene team, ongoing management is built into your care plan. This matters because gum disease is a chronic condition - surgery addresses the damage, but regular maintenance prevents recurrence.

When Gum Disease Affects Other Treatment

Gum health is the foundation for almost every other dental treatment. Planning implants? The bone and gum tissue must be healthy first. Wanting veneers or crowns? Inflamed or receding gums compromise both the result and longevity. At Smile Solutions, the multi-specialist team across 5 floors ensures your periodontist collaborates directly with your implant surgeon, prosthodontist or cosmetic dentist - so treatment is sequenced correctly and nothing is built on shaky foundations.

Your Next Step

If gum surgery has been recommended, a consultation with a specialist periodontist is the best way to understand your specific situation. Browse the [Smile Solutions directory](<https://directory.smilesolutions.com.au>) to learn about the periodontal team, or contact the practice to book an assessment.