

Otto Zuhr Marc Hürzeler

PLASTIC-ESTHETIC PERIODONTAL AND IMPLANT SURGERY

OTTO ZUHR MARC HÜRZELER

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A Microsurgical Approach

With the support of Bärbel Hürzeler and Stephan Rebele

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for Kira,
Emma, Paula, and Oskar

Preface

One of the really significant stories relating to the creation of this book happened at the beginning of 2005, in our old apartment in Munich, Germany. Like so often, my little daughter Emma was sitting beside me at my desk chatting while I was working at the computer, desperately trying to make some progress on the book manuscript. I can still remember the exact moment when she suddenly changed the subject and more or less asked me pointblank what color the book would be. Taken by surprise, I tried to explain to her that I had just started working on the book and that the last thing on my mind at that moment was the color of the book. However, she did not let up. To make a long story short, I finally had no other choice but to actually swear on my “great princess’s honor” that the cover of the book, should it one day ever get finished, would be printed up in her favorite color. So it happened that I had to insist on having the book bound in pink despite the serious concerns raised by the publisher. In the end, the responsible parties at Quintessence accepted under protest. My reason for choosing that color, therefore, was not to attract more attention or to make allusions to “pink esthetics” but solely to honor my reckless promise to my daughter Emma, whose favorite color is pink...

At this point, I would like to extend my sincere gratitude and appreciation to the senior management of Quintessence Publishing—Horst-Wolfgang Haase, Alexander Ammann, Christian Haase, and Johannes Wolters—not only for bearing with my color choice but also for the great confidence and trust they have placed in me, for their enduring patience throughout this book project, which was indubitably trying at times, and, not least, for their tremendous support, cooperation, and partnership over the last few years. Many thanks also to Janina Kuhn, Ina Steinbrück, Valeri Ivankov, and Peter Rudolf for turning the manuscript into an actual book. In particular, I am deeply indebted to Peter Rudolf, who gave me the reassurance and peace of mind straight from the beginning that he was doing everything possible to make this book the best it could be. Thanks also to Christine Rose, Florian Curtius, Andreas Dollinger, and Jens Hoepfner

for processing the clinical photographs for print and to the Quintessence TV team of Gerd Basting, Martin Jakovljevic, Fabian Pietsch, and Ireneusz Watola for producing the videos for the accompanying video compendium. Credit also goes to Angelika Kramer for her dedication and commitment in preparing the drawings and to Stefan Bogner, Annette Bauer, and Stephen Wittmann for their assistance in developing the layout for this book. My thanks also go to Suzyon O’Neal Wandrey for the English translation and to Chee Wan Ang for the enormous effort he undertook in proofreading the English version of this manuscript.

Furthermore, I would like to take this opportunity to thank all of my teachers, even if it is not possible to mention every single one of them by name here and now. In my years as a dentist and periodontist, I have had the extraordinary luck to work with a lot of great personalities in our field. I was not only able to see them in action and learn from these great teachers but also had the chance to engage in intense discussion, discourse, and debate with some of them on a large number of topics. In particular, I would like to thank Wolfgang Bolz and Hannes Wachtel for their long-standing support of my professional development and for many inspiring years of common ground...

Looking back, I can hardly put into words how much time and energy have actually gone into work on this book. This inevitably led to gaps in coverage of the daily needs and requirements for quality-oriented practice management and treatment, which had to be compensated for and closed by others. In this context, my most profound thanks to my dental practice team, Bärbel Hürzeler, Marc Hürzeler, Wolf Richter, and all our hard-working dental assistants, dental hygienists, and administrative staff: Thank you for your open-minded and sincere teamwork and for your ceaseless and unswerving pursuit of our ultimate goal of making patient care at our dental practice a little bit better each day, year after year. To Stefan Fickl, who stepped in to help us when we had just started and were short-handed, many thanks indeed. In addition, I owe my respect to the ar-

tist and sculptor Gerd Bischur, who was instrumental in the creation of object images and provided support in all aspects relating to digital photography. I am also deeply indebted to the dental laboratory technicians who performed all the prosthetic work in the scope of this book project and who have basically been a part of my team ever since I started my professional life: Rainer Janousch, Uli Schoberer, and Uli Werder. My special thanks go to Uli Schoberer for his exceptional analytical, creative, and technical skills, for his fundamental belief that a treatment outcome that is inferior to that which is technically feasible is never acceptable, and for his spirit of brotherhood.

The idea of having the book manuscript critically reviewed from the student perspective prior to its final completion proved to be a correct and rewarding decision: I would like to thank Stephan Rebele not only for drafting the rough sketches of the illustrations in this book but also for critically reading and creatively evaluating the manuscript. His input ultimately led to didactically valuable changes and additions in different parts of the book. I am also deeply indebted to Bärbel Hürzeler for the enormous amount of time she spent proofreading our manuscripts without complaint at various stages of development of this book, for the razor-sharp intellect with which she consistently enriched and constructively supported the book's development, and for her big heart.

Last but not least, I would like to thank Marc Hürzeler for his unparalleled way of practicing dentistry with a passion that is irresistibly motivating and contagious, for always being a model of partnership and team spirit for me, for standing by me all these years, and for helping whenever I needed him, without exception, without question, and without having to be asked: I feel extremely grateful and fortunate that our paths crossed. Without you, this book would never have become reality—my colleague, partner, very best friend...

With the deepest respect, I would like to thank my parents, Marianne and Otto, and my sisters, Marianne and Barbara, for showing and setting the example for me of what a home and family should be, for always allowing me to be who I really am, and for giving me their unconditional love.

From the bottom of my heart, I would most like to thank my children, Emma, Paula, and Oscar, for opening my eyes and, especially, my wife, Kira, for her enduring strength, serenity, and wisdom and for the continuous flow of energy, warmth, and love with which she has supported and motivated me over the years—I could not imagine living without you for one second. I love you, to the moon and back...

Uffing (Germany), September 2011

Otto Zuhr



1 Uli S. 2 Stefan 3 Stephan 4 Wolf 5 Rainer 6 Gerd 7 Otto 8 Bärbel 9 Marc 10 Uli W.



It is our deepest conviction that the surgical potentials of the present can only be achieved by consistently following a surgical approach in which minimal soft tissue trauma and maximally perfect wound closure are key elements.

Contents

A Principles

- 1 Basic Principles of Periodontal Anatomy and Structural Biology 2
- 2 Microsurgery: A New Dimension 36
- 3 Primary Healing: The Key to Success 68
- 4 Incisions, Flap Designs, and Suturing Techniques 84
- 5 Gingival Esthetics: Criteria, Guidelines, and Diagnostic Strategies 118
- 6 Patient Management 156

B Procedures

- 7 Autograft Harvesting 192
- 8 Gingival Augmentation 254
- 9 Treatment of Gingival Recession 282
- 10 Esthetic Crown Lengthening 406
- 11 Papilla Reconstruction 470
- 12 Management of Extraction Sockets 512
- 13 Replacement of Missing Teeth 608

C Complications

- 14 Intraoperative Bleeding 802
- 15 Flap Perforation 808
- 16 Postoperative Bleeding 812
- 17 Postoperative Infection 816
- 18 Flap and Connective Tissue Graft Necrosis 822
- 19 Failures with Autogenous Bone Blocks and Cortical Bone Plates 826
- 20 Implant Loss 830
- 21 Scars, Tattoos, and Excess Soft Tissue 834
- 22 Biologic Width Violation 842

Appendix

- Material list 850
- Index 851

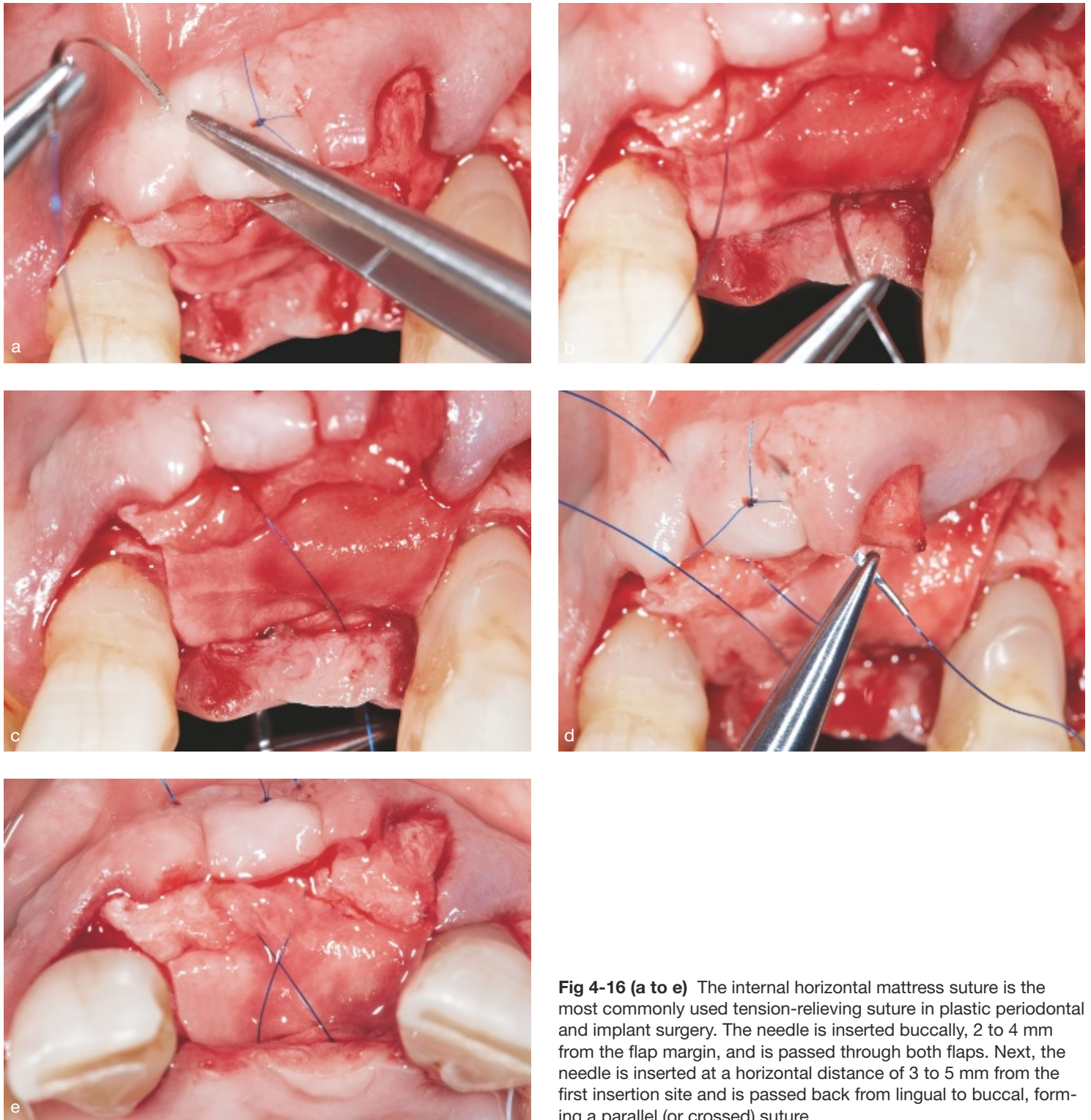


Fig 4-16 (a to e) The internal horizontal mattress suture is the most commonly used tension-relieving suture in plastic periodontal and implant surgery. The needle is inserted buccally, 2 to 4 mm from the flap margin, and is passed through both flaps. Next, the needle is inserted at a horizontal distance of 3 to 5 mm from the first insertion site and is passed back from lingual to buccal, forming a parallel (or crossed) suture.

horizontal, internal or external. The type best suited for relieving tension on the wound margins is the internal horizontal mattress suture. Internal horizontal mattress sutures result in eversion of the wound margins, which greatly simplifies closure with interrupted sutures or with one continuous suture. External mattress sutures of-

ten result in inversion of the wound margins, which complicates suture closure and promotes postoperative scar formation. Inverted wound margins can also complicate future scar correction.

For these reasons, the *internal horizontal mattress suture* is the type of tension-relieving suture most com-

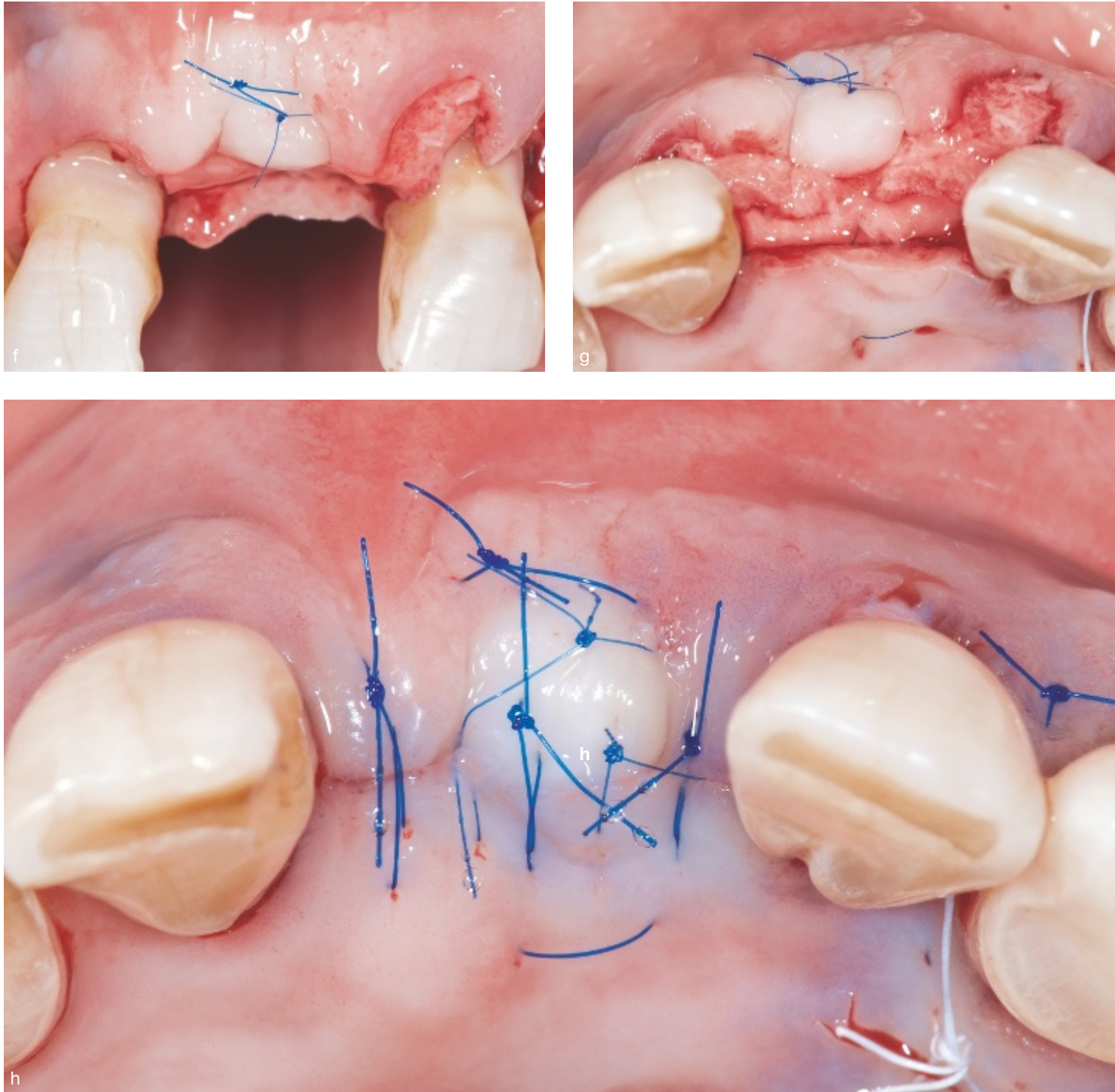


Fig 4-16 (f to h) Tension-relieving sutures facilitate tension-free approximation of the wound margins. When the knot is tied, the wound margins are everted, facilitating wound closure.

monly used in plastic-esthetic periodontal and implant surgery. The needle is inserted 2 to 4 mm from the flap margin and passed through both flap segments. At a horizontal distance of 3 to 5 mm from the first insertion site, the needle is passed back in the opposite direction, forming a parallel suture. After the last stitch, the suture

is tied. The number of mattress sutures needed depends on the length of the incision. The actual wound closure sutures are placed after the tension-relieving sutures are finished (Fig 4-16). For a detailed description of the procedure, see chapter 13.



Fig 5-2 Periodontal health is a basic requirement for gingival esthetics.

5.1 Esthetic Criteria

Generally recognized and established criteria for gingival esthetics in terms of an esthetic and harmonious gingival morphology and gingival margin are described in the following sections.^{14–16}

5.1.1 Gingival Health

Gingival and periodontal health is a basic prerequisite for an esthetic gingival morphology. Gingival inflammation not only produces pathophysiologic changes in the marginal periodontium but also causes changes in the color and surface texture of the gingiva. Inflamed gin-

giva bleeds easily and has a red, swollen, plump, and shiny appearance.

Therefore, a proper assessment of gingival esthetics can only be performed under inflammation-free periodontal conditions. The continuous personal oral hygiene motivation and support accompanying initial and supportive periodontal therapies are important for oral health and gingival esthetics.¹⁵ Any dental treatment having a negative impact on gingival health in terms of biology and esthetics must be absolutely avoided for the same reasons (Fig 5-2).



Fig 5-3 The alveolar mucosa is generally dark red and can be readily distinguished from the light pink gingiva.



Fig 5-4 The surface of the gingiva is firm, dull, and stippled like an orange peel, whereas that of the alveolar mucosa is shiny and smooth.

5.1.2 Anatomical and Morphologic Features

Color

Healthy gingiva is light pink in color. Variably intense brownish pigmentation of the gingiva is not uncommon in dark-skinned individuals.¹⁶

The alveolar mucosa has a dark red color, making it readily distinguishable from the gingiva (Fig 5-3). Its dark color is attributed to the strong blood supply to the subepithelial connective tissue under a nonkeratinized and thus relatively translucent epithelium.

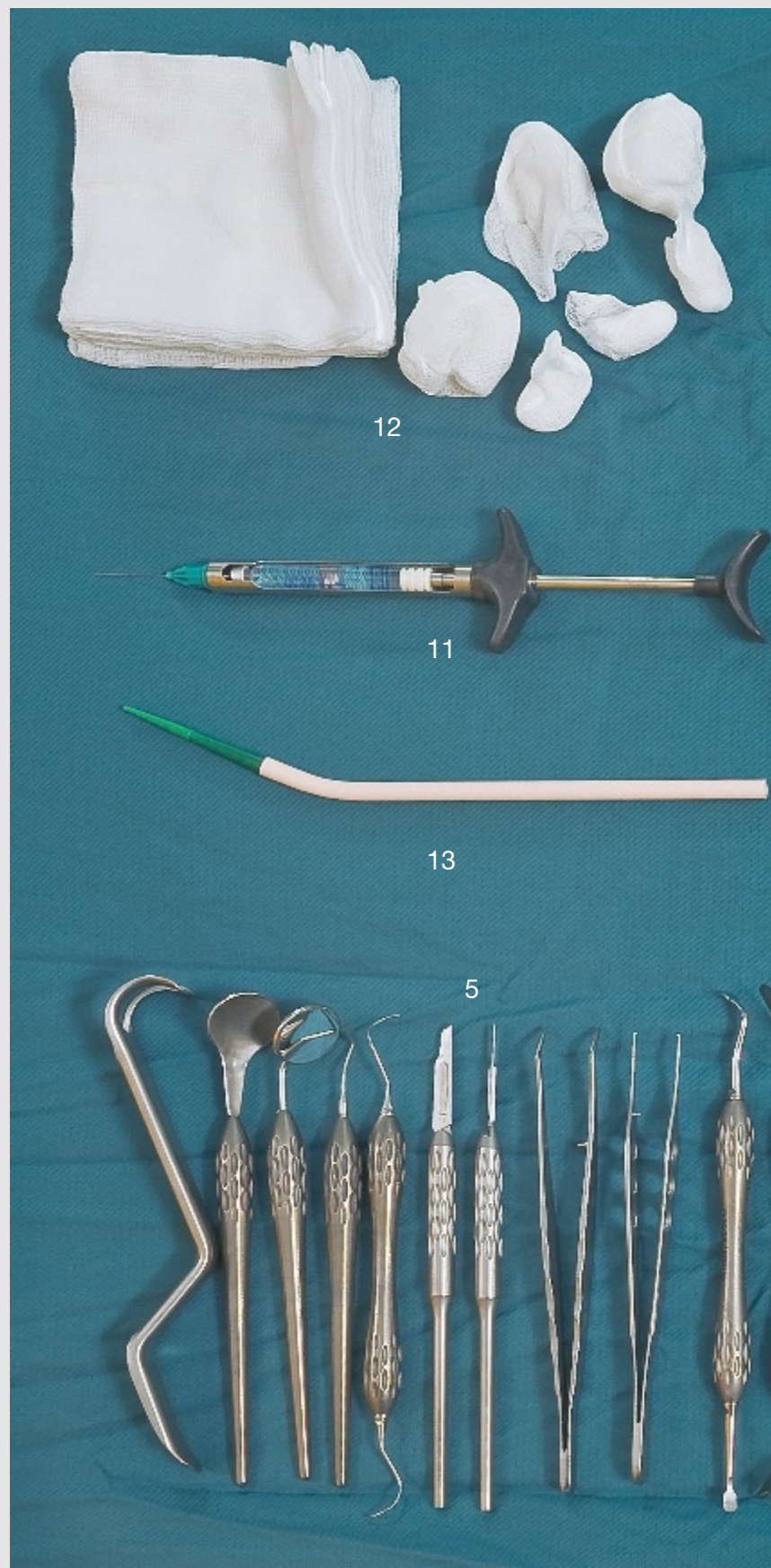
Surface texture

The surface texture of the healthy gingiva is mainly determined by the supracrestal fiber attachment of the subepithelial connective tissue to the keratinized gingival epithelium (see chapter 1). The epithelial surface of the attached gingiva bound to underlying alveolar bone often displays stippling (orange peel texture).¹⁶ Evidence suggests that stippling is more pronounced in individuals with thick gingival biotypes than in those with thin biotypes.⁷ Keratinization gives the gingival epithelium a firm texture and a dull surface appearance.

The adjacent alveolar mucosa has a shiny and smooth appearance that stands out against the background of the gingiva (Fig 5-4).

WORKPLACE PREPARATION CHECKLIST

- 1 Macrosurgical instrument set
- 2 Microsurgical instrument set
- 3 Tunneling blades I and II
- 4 Suture materials: Gore-Tex CV-5 and 6-0 Seralene DS-15
- 5 No. 15 macroblade and Keydent microblade
- 6 Glass slab
- 7 0.1% chlorhexidine solution in a metal dish
- 8 Sterile water in a metal dish
- 9 Blunt cannula
- 10 10-mL syringe
- 11 Local anesthetic
- 12 Large and small pledgets
- 13 Periodontal stent

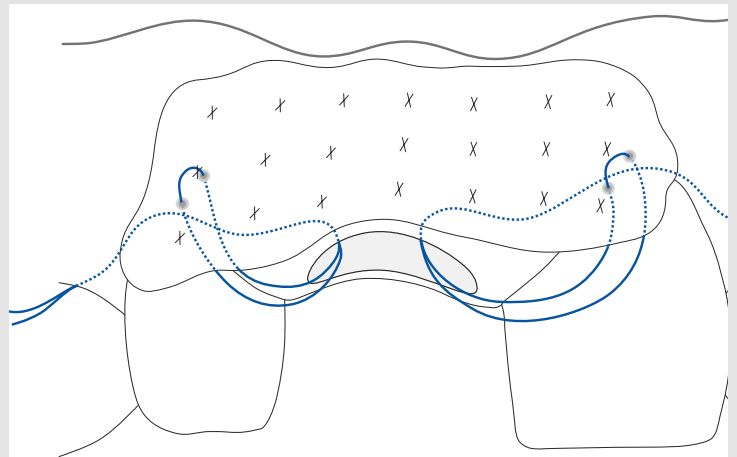
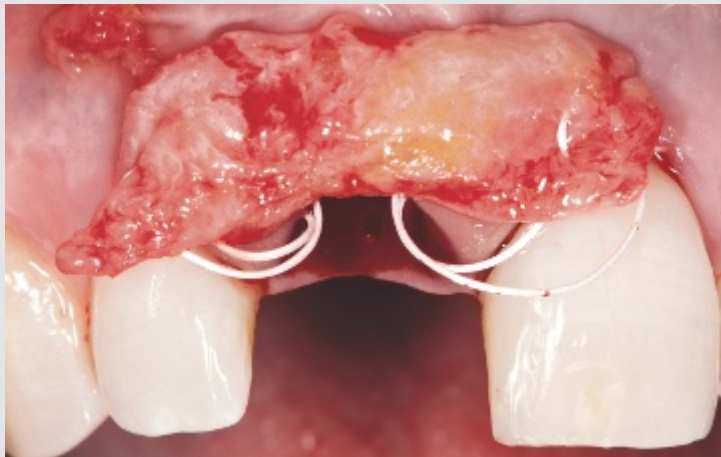






CHAPTER 10

ESTHETIC CROWN LENGTHENING



Figs 12-43 and 12-44 Positioning sutures made of Gore-Tex CV-5 have proved useful for graft positioning. The needle is inserted bluntly (back-first) into the tunnel one tooth lateral to the extraction socket and exits on the buccal side of the edentulous space. The needle engages the connective tissue graft laterally, from the inner to the outer aspect, and then, slightly more apically, from the outer to the inner aspect. The needle then passes back through the tunnel and returns to the starting point lateral to the edentulous space.



Figs 12-45 and 12-46 The graft is very precisely placed in the desired position by pulling on the sutures.

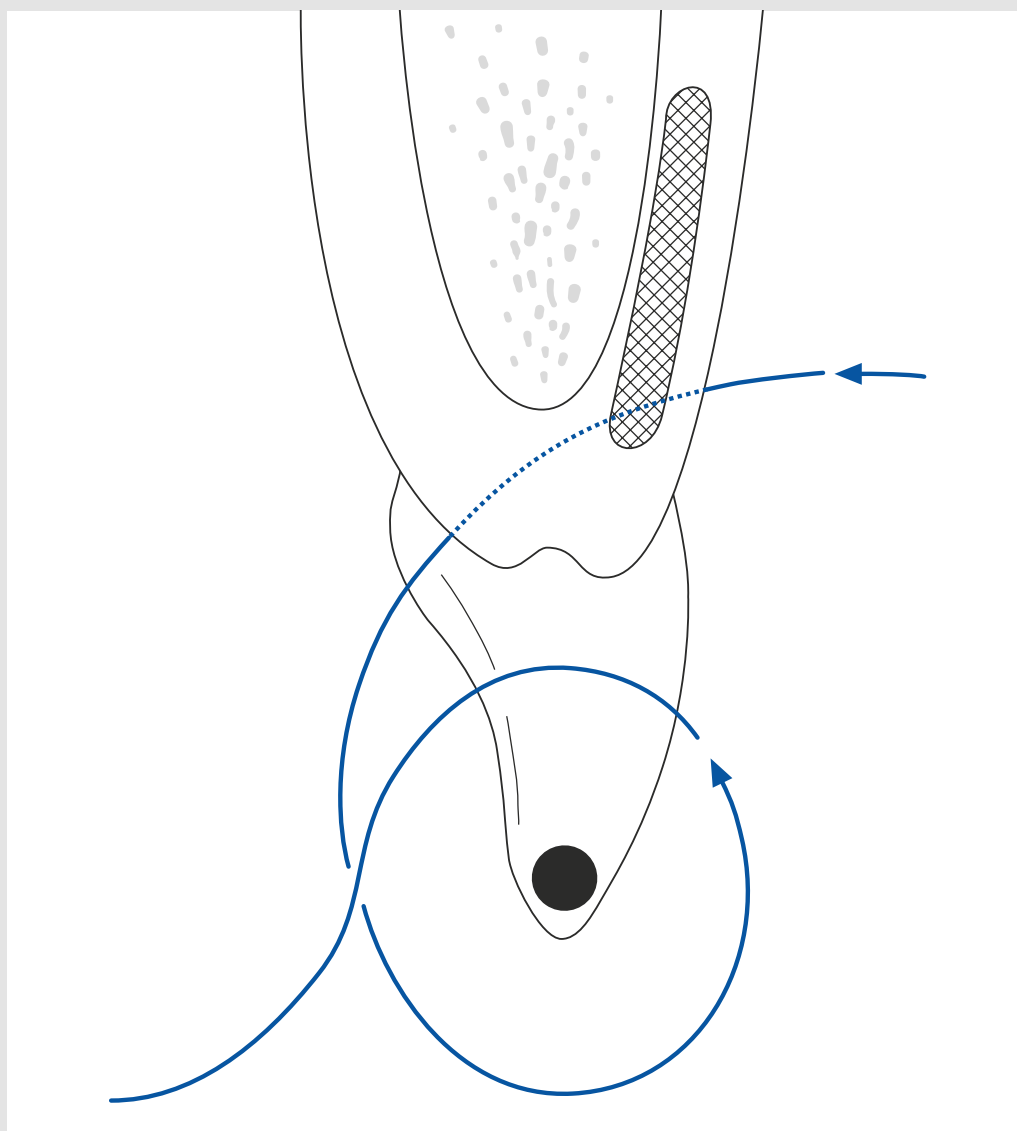


Figs 12-47 and 12-48 Bone substitute material (Bio-Oss) is placed in a metal cup, moistened with sterile saline solution, and loaded in an insulin syringe with the tip cut off. The material is carefully injected in the extraction socket and compacted with light pressure.

Fig 12-49 The provisional adhesive fixed partial denture is tried in. The base of the pontic must completely seal the filled extraction socket and provide a circular base of support to the overlying soft tissues. Exact placement of the provisional prosthesis in the planned position is crucial. A positioning guide is used for this purpose. When the provisional restoration is bonded, it is important to ensure that the wound is not exposed to phosphoric acid.



Fig 12-50 Two vertical double-crossed sutures (6-0 Seralene DS-15) are used to secure the graft. First suture: From the buccal aspect, the needle enters at the level of the mucogingival junction and engages the graft. It then passes beneath the contact point between the provisional pontic and the adjacent tooth and exits on the palatal side, slightly apical to the tip of the papilla. Next, the needle glides over the incisal edges and returns to the buccal side and then passes back-first (without engaging the tissue) under the contact point and returns to the palatal side.



Index

Page numbers followed by “f” indicate figures; those followed by “t” indicate tables

A

Abutment teeth
 description of, 612
 design of, 676–677, 679f
 emergence profile of, 676
 high-fluorescence shoulder porcelains
 fused to, 682f–683f
 materials, 677, 680, 681f–683f
 titanium, 677
 zirconia, 677, 680, 681f–682f
 Adolescents
 implants in, 691–693, 692f
 root coverage in, 310
 AIDS, 79–80, 80t, 174–175, 177t
 All-ceramic crown, 414f
 Allogeneic materials
 bone substitute, 212
 connective tissue, 215
 Alloplastic materials
 bone substitute, 213
 connective tissue, 215
 Allotransplantation, 194
 Alveolar bone
 anatomy of, 28f, 515f
 bundle bone, 515, 515f
 dehiscence and fenestration of, 27, 29f
 remodeling of, 13
 resorption of, 515, 516f
 Alveolar mucosa, 123, 123f
 Alveolar process, 12–13, 12f–13f
 Alveolar ridge defects
 Class I
 buccal tissue deficits associated
 with, 629, 630f
 characteristics of, 615, 648t
 extensive tissue deficits associated
 with, 630, 631f
 fixed partial dentures for, 618–621, 619f–620f, 648t
 illustration of, 616f
 implants for, 621–624, 622f–624f, 626–632, 628f–631f, 633f, 648t
 inlay grafts, 618, 619f
 modified roll flap technique, 629–630, 630f, 779, 780f–798f
 mucosal punch procedure, 629f, 629–630
 pouch procedures, 618, 620f, 621f, 697, 698f–717f
 Class II
 characteristics of, 615, 648t
 fixed partial dentures for, 634f–635f, 636f, 648t
 hard tissue augmentation in, 632
 illustration of, 616f

implants for, 636, 648t
 inlay grafting for, 653f–654f
 Class III
 autogenous bone blocks in, 636
 characteristics of, 615, 648t
 distraction osteogenesis in, 636–637, 638f
 fixed partial dentures for, 637, 639–640, 648t
 guided bone regeneration with
 autogenous bone particles, 636
 hard tissue augmentation in, 636–637
 illustration of, 616f
 implants for, 640–641, 642f–647f, 648, 648t
 implant-supported prosthesis for, 638f
 sandwich osteotomy in, 636–637
 classification of, 613–615, 614f, 616f
 guided bone regeneration for, 613, 621–626, 636
 hard tissue augmentation of.
 See Hard tissue augmentation.
 horizontal, 613
 morphology of, 613–615, 614f, 616f
 soft tissue augmentation in, 639, 639f–640f
 soft tissue sculpting in edentulous
 areas, 650f, 651, 652f–659f, 655
 vertical augmentation of
 cortical bone plate method for, 761, 762f–778f
 description of, 636–637
 Alveolar ridge preservation
 after sandwich osteotomy, 524–525
 approaches to, 532
 clinical aspects of, 549–561, 550f–561f
 external gingival support splint for, 546
 fixed partial denture. *See* Fixed partial denture.
 guided bone regeneration for, 532–533, 547t
 immediate implant placement for, 535–537, 536f, 547t
 implants for, 549–555, 550f–555f, 579, 580f–592f
 mechanical soft tissue support for, 546, 547f, 547t
 prognosis for, 548t
 single-stage implants for, 579, 580f–592f
 socket filling for, 533, 534f–536f, 537, 547t
 socket seal surgery for, 593, 594f–607f
 soft tissue augmentation for, 544–545, 545f, 547t, 559f
 Alveolar ridge reconstruction
 autogenous bone grafts for, 621–626, 622f
 clinical aspects of, 616–650
 guided bone regeneration for, 621–626
 hard tissue augmentation for, 616
 soft tissue augmentation for, 616–617f
 Alveolar socket healing, 514f–516f
 Analgesics, 181–184
 Antibacterial prophylaxis, 184–187, 187f
 Anticoagulants, 171–172, 176t

Anti-inflammatories, 181–184
 Apically positioned flaps
 biologic width established using, 844
 esthetic crown lengthening using
 illustration of, 416f
 indications for, 423–426, 424f–425f
 technique, 455, 456f–468f
 Atraumatic tooth extraction, 529f–531f
 Attached gingiva, 7, 7f
 Autogenous bone grafts
 description of, 194, 196, 198
 donor sites for, 198–199, 200f–201f
 exposure of, 828
 failure of, 828–829
 guided bone regeneration using, 621–626, 622f, 636
 harvesting of
 description of, 198–199, 200f–201f, 768f
 excessive bleeding after, 807, 807f
 illustration of, 198f
 from mandibular angle, 219, 220f–226f, 807, 807f
 mandibular symphyseal region, 199
 Autografts
 bone block graft from mandibular angle
 excessive bleeding after, 807, 807f
 technique for, 219, 220f–226f
 connective tissue. *See* Connective tissue autografts.
 subepithelial connective tissue grafts
 from maxillary tuberosity, 212, 213f, 245, 246f–252f
 from palate, 201–212, 203f–212f, 227, 228f–236f, 327f
 substitutes for, 212–216, 213f–216f
 thick mucosal graft from palate, 237, 238f–244f, 601f
 Autotransplantation, 194

B

Barrier membranes
 collagen, 625–626, 632, 634f, 751f, 770f, 784f
 expanded polytetrafluoroethylene, 532, 625
 guided bone regeneration use of, 624–626
 nonresorbable, 624–625
 resorbable, 624–625
 Bass technique, modified, 166, 168f, 169
 Biologic width
 apically positioned flap for, 844
 definition of, 16, 18
 dental prosthetics and, 18–21
 illustration of, 19f–20f
 implant dentistry considerations, 23–26, 24f–26f
 orthodontic extrusion for reestablishment of, 844, 845f–847f
 resective periodontal surgery considerations, 22, 23f
 restoration margins and, 21, 22f
 variations in, 20

Biologic width
vertical bone loss associated with, 552
violation of, 18–20, 19f, 21f, 844, 845f–847f

Black triangles
description of, 124, 412
illustration of, 474f
interproximal bone loss as cause of, 473
masking of, 489f

Bleeding
after bone graft harvesting from mandibular angle, 807, 807f
intraoperative, 804–807, 805f–806f
postoperative, 814, 815f

Bone block grafts
description of, 194, 196, 197f
guided bone regeneration using, 621–622, 623f
from mandibular angle, 219, 220f–226f, 807, 807f

Bone dehiscence, 284, 286f

Bone morphogenetic proteins, 196

Bone substitute materials
description of, 213–215, 214f–215f
guided bone regeneration using, 621–626
socket filling using, 533, 536f
xenogeneic, 212–213, 623

Buccal tunnel flap, 570f, 790f

Bundle bone, 515, 515f

Burs
carbide, 599f
diamond, 422f, 447f

C

Cancellous bone, 13

Cemento-enamel junction
description of, 4f–5f, 28f, 128f, 298, 308, 376f
esthetic crown lengthening and, 426

Cementum, 9–11, 11f

Chlorhexidine, 164f–165f, 166, 184–185, 819f

Class I alveolar ridge defects. *See* Alveolar ridge defects, Class I.

Class II alveolar ridge defects. *See* Alveolar ridge defects, Class II.

Class III alveolar ridge defects. *See* Alveolar ridge defects, Class III.

Clinical crowns, short, 409, 410f

Collagen barrier membranes, 625–626, 632, 634f, 751f, 770f, 784f

Complications
abscess, 820, 821f
autogenous bone graft failure, 828–829
biologic width violation, 844, 845f–847f
connective tissue graft necrosis, 824, 825f
cortical bone graft failure, 828
excess soft tissue, 836, 837f–841f
flap necrosis, 824
flap perforation, 810, 810f–811f

greater palatine artery injury during subepithelial connective tissue graft harvesting from palate, 804, 805f–806f

implant loss, 832f–833f

intraoperative bleeding, 804–807, 805f–806f

postoperative bleeding, 814, 815f

postoperative wound infection, 818–821, 819f, 821f

scars, 836, 837f

tattoos, 836

wound dehiscence, 818–820, 819f

wound infection, 818–821, 819f, 821f

Composite resin restorations, for interdental closure, 491f–493f

Connective tissue
gingival, 7, 7f, 14, 18
peri-implant, 16, 23–24

Connective tissue autografts
coronally advanced flaps with, 306, 307f
description of, 194, 198
donor sites for, 199–212
double lateral bridging flap with, 337, 338f–356f
gingival recession treated with, 337, 338f–356f, 357, 358f–370f
harvesting of, 199–212
illustration of, 199f
modified tunnel technique with, 357, 358f–370f
substitute materials for, 215–216, 216f

Connective tissue grafts
coronally advanced flaps with, 295, 296f, 306, 307f
excess soft tissue caused by, 836, 837f–841f
extraction socket coverage using, 544–545
free, 496f
gingival augmentation using, 258f
gingival recession treated with, 297, 297f, 305
illustration of, 112f
keratinized gingiva, 294–295, 296f
modified tunnel technique, 299f–301f
necrosis of, 824, 825f
pouch procedures using, for Class I alveolar ridge defects, 618
root coverage using, 297, 297f, 305
subepithelial. *See* Subepithelial connective tissue grafts.
thick gingiva created using, 297f, 297–298

Continuous sutures, 100–101, 101f

Controlled pressure technique, for soft tissue sculpting, 650f, 651

“Cookie cutter” technique, for soft tissue sculpting, 651, 655, 656f, 733f

Coronally advanced flaps
connective tissue autograft with, 306, 307f
description of, 289–290
enamel matrix derivative with, 292, 371, 372f–388f

gingival recession treated with, 292, 295, 296f, 319, 320f–336f, 371, 372f–388f

keratinized gingiva, 295

root coverage using, 297

subepithelial connective tissue graft with, 295, 296f, 319, 320f–336f

Cortical bone blocks, 199

Cortical bone plates
description of, 624, 624f
exposure of, 828
failure of, 828–829
necrosis of, 829
resorption of, 829
vertical ridge augmentation using, 761, 762f–778f

Cribiform plate, 12f–13f, 12–13

Crowns
esthetic lengthening of. *See* Esthetic crown lengthening.
implant-supported, 437f, 503f–504f
surgical lengthening of, 481, 488

Custom impression tray, 668, 670f–671f

D

Dentogingival complex
anatomy of, 20f, 21, 27, 27f
coronal displacement of, 435f
coronal growth of, 426
dimensions of
insufficient, 420, 423f
normal, 417
3 mm or more, 418
without osseous resection, 420, 420f–422f, 424f

Denture. *See* Fixed partial dentures.

Deproteinized bovine bone mineral
bone block grafts covered with, 622, 625f
guided bone regeneration and, 625f
socket filling with, 533, 534f, 537, 552, 553f, 558f

Diagnostic provisional restorations
esthetic crown lengthening, 426, 463f
gingival esthetics analysis, 137, 139, 142f–143f, 146f

Diagnostic wax-up, 684, 685f

Distraction osteogenesis
in Class III alveolar ridge defects, 636–637, 638f
guided bone regeneration and, comparisons between, 637
before tooth extraction, 522–529, 523f–529f

Double lateral bridging flap
with connective tissue autograft, for localized gingival recession, 337, 338f–356f
illustration of, 108f

Double-crossed sutures, 107f, 366f, 368f, 400f, 508f, 573f, 588f, 792f

Double-sling sutures, 104, 104f, 449f, 729f, 753f

Drapes, 162–163, 164f

E

- Edentulous space. *See* Alveolar ridge defects.
- Emergence profile
 abutments, 676
 definition of, 676
 of soft tissue contouring transferred to provisional implant-supported prosthesis, 660, 661f–667f
- Enamel matrix derivative
 coronally advanced flap with, for gingival recession, 292, 371, 372f–388f
 description of, 290–292, 291f, 305
- Enamel matrix proteins, 80
- Endocrine disorders, 173–174
- Envelope technique, 298
- Epithelial attachment, 5, 18
- Eruption, 409–412
- Esthetic crown lengthening
 apically positioned flap for illustration of, 416f
 indications for, 423–426, 424f–425f
 technique, 455, 456f–468f
 case example of, 484f
 cements/enamel junction as reference point for, 426
 dentogingival complex dimensions for. *See* Dentogingival complex.
- diagnostic provisional restorations, 426, 463f
- gingivectomy. *See* Gingivectomy.
- goal of, 415
- irregular gingival margins treated with, 412, 413f–414f
- keratinized gingiva width, 415, 415f–416f
- long-term stability of, 426
- predictability of, 426
- technical aspects of, 415–425, 426t
- theory of, 408–410
- in young patients, 426–427
- Expanded polytetrafluoroethylene barrier membranes, 532, 625
- sutures, 57, 115, 115f
- Explantation instruments, for implant removal, 833, 833f
- Extraction of teeth. *See* Tooth extraction.
- Extraction sockets
 connective tissue grafts for coverage of, 544–545
 filling of, 533, 534f–536f, 547t, 552, 553f, 555, 558f
 healing of, 514–516, 514f–516f
 hopeless teeth, 546, 548, 554, 556f, 596f
 morphology types, 548t
 osseous remodeling of, 514

F

- Fixation sutures, 109, 112f
- Fixed mock-ups, 139

- Fixed partial dentures
 adhesive, 613, 709f
 alveolar ridge defects treated with
 Class I, 618–621, 619f–620f
 Class II, 634f–635f, 636f
 Class III, 637, 639–640
 alveolar ridge preservation with
 protocols for, 548t
 single-stage approach, 555, 556f–561f
 socket seal surgery with, 593, 594f–607f
 technique for, 565, 566f–577f
 disadvantages of, 612–613
 soft tissue augmentation for restoration of, 617f
 soft tissue impression for, 660
- Flap(s)
 apically positioned. *See* Apically positioned flaps.
 blood supply to margins of, 78, 79t
 buccal tunnel, 570f
 coronally advanced. *See* Coronally advanced flaps.
 double lateral bridging
 with connective tissue autograft, for localized gingival recession, 337, 338f–356f
 illustration of, 108f
 full-thickness, 90, 91f, 746f, 783f
 mucoperiosteal, 77, 90, 91f–92f
 mucoperiosteal-mucosal, 95–96, 95f–96f
 mucosal, 77, 91–96, 92f–96f
 necrosis of, 824
 partial-thickness, 91–96, 92f–96f, 344f, 362f, 422, 461f, 482f, 724f
 perforation of, 810, 810f–811f
 split-thickness, 325f
 tension of, 78, 79t
 tension-free closure of, 303
 thickness of, 78, 79t, 86, 303
 tooth extraction and, 515
 wound healing affected by, 77–78, 79t
- Flapless immediate implant placement, 549, 552f
- Forced eruption, 517
- Free connective tissue grafts, 496f
- Free gingiva, 5f, 5–7
- Free tissue grafts
 physiologic principles of, 194–196
 requirements for, 196–198
- Full-thickness flaps, 90, 91f, 746f, 783f

G

- Gingiva
 anatomy of, 4–9, 4f–9f, 123–131
 attached, 7, 7f
 biotypes of, 29–30
 blood supply to, 16–17
 color of, 123, 262f
 connective tissue of, 7, 7f, 14, 18
 display of, in smile, 121f, 130, 131f
 excessive display of

- abrasion as cause of, 410, 411f
 altered active eruption as cause of, 410, 411f
 altered passive eruption as cause of, 409, 410f, 432f
 causes of, 408–410
 description of, 408, 409f
 overeruption as cause of, 410, 411f
- free, 5f, 5–7
- health of, 122, 122f
- interdental, 8f, 9, 124, 124f
- interproximal, 462f
- keratinized. *See* Keratinized gingiva.
- marginal, 284
- open embrasure spaces. *See* Black triangles.
- scalloped, 29–30, 31f, 124, 481
- stippling of, 123, 123f
- surface texture of, 123, 123f
- thick, 29–30, 31f
- thickness of, 5, 262t
- thin, 29–30, 31f, 285, 297
- translucency of, gingival augmentation for reduction of, 260, 261f–265f, 275f
- width of, 5
- Gingival augmentation
 connective tissue graft for, 258f
 gingival recession prevention using
 after orthodontic treatment, 266–268, 266f–268f
 after prosthetic treatment, 256, 257f–260f
 gingival translucency reduced with, 260, 261f–265f
 prognosis for, 269
 subepithelial connective tissue grafts for, 269, 271, 272f–281f
 technical aspects of, 269
- Gingival contour, 127, 128f–129f
- Gingival esthetics
 age-related changes, 153
 criteria for, 122–131
 ethical conflicts in, 153
 mucogingival surgery for correction of, 132, 133t
 overview of, 120
- Gingival esthetics analysis
 aging considerations, 153
 case example of, 145f–152f
 diagnostic provisional restorations, 137, 139, 142f–143f
 form for, 144, 144f
 incisal edge position, 134, 136f, 144
 landmarks, 134–136, 135f–136f
 mock-ups, 137–139, 138f, 140f
 tooth length, 135, 137t
- Gingival inflammation, 20, 21f, 77, 79t, 122
- Gingival margin
 anatomy of, 5, 5f, 32, 127, 127f
 assessment of, 134–135
 coronal displacement of, 417
 incisions along, 86, 87f
 irregular

- Gingival margin
 around natural teeth, 412
 around prosthetically restored teeth, 412, 413f–414f
 illustration of, 411f
 periodontal surgery for, 412
 in maxilla, 129f
 symmetry of, 450f
- Gingival margin profile, 125–127, 126f
- Gingival recession
 bone dehiscence associated with, 284, 286f
 buccal, 285f
 classification of, 303, 304f, 322f, 340f, 361f, 375f, 393f
 description of, 20
 epidemiology of, 284–285
 etiology of, 284–285, 286f
 gingival augmentation for prevention of
 after orthodontic treatment, 266–268, 266f–268f
 after prosthetic treatment, 256, 257f–260f
 illustration of, 21f, 107f–108f
 labial, 267f
 localized
 coronally advanced flap with subepithelial connective tissue graft for, 319, 320f–336f
 description of, 301, 302t
 double lateral bridging flap with connective tissue autograft for, 337, 338f–356f
 modified tunnel technique with connective tissue autograft for, 357, 358f–370f
 Miller classification of, 303, 304f, 322f, 340f, 361f, 375f, 393f
 multiple
 coronally advanced flap with enamel matrix derivative for, 371, 372f–388f
 description of, 301–302, 302t
 periodontitis-related, 284f
 prosthetically treated teeth, 310, 311f
 Stillman's clefts versus, 285, 287f
 treatment of
 connective tissue grafts, 289, 305
 coronally advanced flaps, 289–290, 319, 320f–336f
 goals, 288–298
 indications for, 287, 288f
 periodontal health after, 288–292
 root coverage. *See* Root coverage.
 subepithelial connective tissue grafts, 319, 320f–336f
 technical aspects, 298–302
 wedge-shaped defects with, 308, 308f–309f, 343f
- Gingival zenith, 124–127, 125f–126f, 434f, 446f
- Gingivectomy
 dentogingival complex dimensions sufficient for, 420, 420f
 indications for, 416f
 osteotomy and, 439, 440f–454f
 soft tissue contouring and thinning after, 435f
 technique for, 429, 430f–438f
- Greater palatine artery
 anatomy of, 202, 203f
 damage to, during subepithelial connective tissue graft harvesting from palate, 804, 805f–806f
- Guided bone regeneration
 alveolar ridge defects treated with, 613, 621, 636
 alveolar ridge preservation
 description of, 532–533, 547t
 immediate implant placement with, 537
 autogenous bone for, 621–626, 622f
 barrier membranes for, 624–626
 bone block grafts for, 621–622, 623f
 bone substitute materials for, 621–626
 deproteinized bovine bone mineral particles and, 625f
 distraction osteogenesis and, comparisons between, 637
 hard tissue augmentation using, 621
- Guided tissue regeneration
 connective tissue attachments using, 290, 290f
 description of, 38
- Gummy smile
 causes of
 abrasion, 410, 411f
 altered active eruption, 410, 411f
 altered passive eruption, 409, 410f, 412, 432f
 overeruption, 410, 411f
 correction of, 410, 412
 definition of, 408
 description of, 408, 409f
 esthetic crown lengthening for. *See* Esthetic crown lengthening.
 illustration of, 409f
- ## H
- Hard tissue augmentation
 autogenous bone blocks for, 636
 Class II defects, 632
 Class III defects, 636–637
 description of, 621
 distraction osteogenesis for, 636–637
 guided bone regeneration, 621–626, 636
 modified double-layer technique, 626, 627f, 739, 740f–760f
 sandwich osteotomy, 636
 single-stage, 626–632, 628f
 two-stage, 626–632, 829
- HIV, 79–80, 80t, 174–175, 177t
- Hopeless teeth, 546, 548, 554, 556f, 596f
- Horizontal alveolar ridge augmentation, 626, 627f, 739, 740f–760f
- Horizontal mattress suture, 602f–603f, 752f
- Horizontal papilla augmentation
 free connective tissue grafts for, 496f
 predictability of, 484
 subepithelial connective tissue graft for, 499, 500f–511f
- Horizontal releasing incisions, 88, 88f
- Horizontal sling sutures, 104, 106, 107f, 109f, 328f–330f, 350f, 381f
- ## I
- Immediate implant placement
 alveolar ridge preservation using, 535–537, 536f, 547t
 flapless, 549, 552f, 582f
 periodontal disease effects on, 535
 socket filling with deproteinized bovine bone mineral, 533, 534f, 537, 552, 553f, 558f
 soft tissue recession after, 535
- Immediate provisionalization of implants, 553–554, 554f
- Immunosuppression, wound healing affected by, 79, 80t
- Implant(s)
 in adolescents, 691–693, 692f
 alveolar ridge defects treated with
 Class I, 621–624, 622f–624f, 626–632, 628f–631f, 633f, 648t
 Class II, 636, 648t
 Class III, 640–641, 642f–647f, 648, 648t
 alveolar ridge preservation, 549–555, 550f–555f, 579, 580f–592f
 biologic width around, 23–26, 24f–26f
 designs of, 26f
 in esthetic zone, 686–691
 explantation instruments for removal of, 833, 833f
 fixed partial denture versus, for missing teeth replacement, 610–613
 immediate provisionalization of, 553–554, 554f
 keratinized gingiva around, 30, 32, 33f
 in lining mucosa, 32
 loss of, 832f–833f
 missing teeth replacement using, 610–613
 positioning of, 684, 686–691
 radiographic templates for, 684, 685f
 selection of, 684, 686–691
 surgical templates for, 684, 685f
 uncovering of
 in Class II alveolar ridge defects, 630–631, 632t
 modified roll flap technique for, 629–630, 630f, 779, 780f–798f
 second-stage, 774f
 in young patients, 691–693, 692f
- Implant placement
 computer-assisted, 684
 delayed, 544, 545f
 horizontal ridge augmentation with, modified double-layer technique for, 739, 740f–760f
 immediate. *See* Immediate implant placement.
 multistage, 554–555, 555f, 632, 633f

- single-stage, 549–554, 550f–554f, 579, 580f–592f
- socket seal surgery with, 593, 594f–607f
- vertical ridge augmentation with, cortical bone plate method for, 761, 762f–778f
- Implant shoulder
 - apicocoronal positioning of, 689–690, 690f
 - illustration of, 686f
 - mesiodistal positioning of, 687–688, 688f
 - orofacial positioning of, 687, 687f
- Implant-supported crowns, 437f, 503f–504f
- Implant-supported prosthesis
 - Class III alveolar ridge defects treated with, 638f
 - provisional, emergence profile of soft tissue contouring transferred to, 660, 661f–667f
 - screw-retained, 680, 681f
- Incisal edge position, 134, 136f, 144, 444f
- Incision(s)
 - crestal, 727f
 - gingival margin, 86, 87f
 - intrasulcular, 504f, 724f, 745f, 767f, 789f
 - marginal, 86, 87f, 395f
 - paramarginal, 86, 87f, 461f
 - releasing, 88–89, 88f–89f, 97f, 222f, 331f–332f, 384f, 708f, 754f, 773f
 - sulcular, 86, 87f
 - training in, 66
- Incision-free flapless procedures, for root coverage, 298
- Incisors
 - congenitally missing, 701f
 - orthodontic extrusion of, 518f–519f
- Infection, wound, 818–821, 819f, 821f
- Infectious diseases, 174–175, 177t
- Inflammation
 - gingival, 20, 21f, 77, 79t, 122
 - surgery contraindications, 162
- Informed consent, 158–159, 159f, 160t
- Intraorbital arteries, 14
- Inlay grafts
 - alveolar ridge defect reconstruction using
 - Class I, 618, 619f
 - Class II, 653f–654f
 - modified pouch technique versus, 621
 - palatal island flap and, for soft tissue augmentation, 719, 720f–738f
 - soft tissue contouring after, 656f
 - tissue volume loss associated with, 617
- Interdental papilla. *See* Papilla.
- Internal horizontal mattress suture, 102f, 102–103
- Interproximal bone loss, 472–473, 474f
- Interrupted sutures, 98f, 98–100, 353f, 605f, 730f
- Intraoperative bleeding, 804–807, 805f–806f
- Intrasulcular incisions, 504f, 724f, 745f, 767f, 789f
- J**
 - Junctional epithelium, 5–7, 6f, 9f, 16, 16f, 19f, 25, 289f
- K**
 - Keratinized gingiva
 - causes of, 292–293
 - connective tissue grafts for, 294–295, 296f
 - description of, 17, 18f, 30, 32, 33f, 123, 256
 - width of
 - description of, 303
 - esthetic crown lengthening affected by, 415, 415f–416f
 - gingivectomy requirements, 445f
 - measurement of, 433f
 - Knot tying, 62–63, 64f–66f, 114f–116f, 115–116
- L**
 - Light source, for operating microscope, 45, 45f–46f
 - Lining mucosa, 4, 32
 - Local anesthesia, 179–181
 - Loupes, 43, 43f–44f, 46t, 47
- M**
 - Macrosurgical instruments, 39f, 47, 48f–49f
 - Magnification systems, 41, 43–47, 43f–47f
 - Mandibular angle, bone block graft harvesting from
 - excessive bleeding after, 807, 807f
 - technique for, 219, 220f–226f
 - Marginal gingiva, 284
 - Marginal periodontitis, 162
 - Masticatory mucosa, 4, 201, 292
 - Mattress sutures, 100f, 100–103, 102f–103f, 331f, 383f, 448f, 602f–603f, 752f, 771f–772f
 - Maxillary tuberosity, subepithelial connective tissue graft from, 212, 213f, 245, 246f–252f, 505f
 - Microsurgery
 - advantages of, 38, 40f
 - definition of, 38, 41
 - macrosurgery versus, 39f, 42f
 - optical magnification systems, 41, 43–47, 43f–47f, 60
 - suture materials for, 56–58, 56f–59f, 57t, 59t
 - technical requirements for, 43–59
 - training in, 60–66, 61f–67f
 - wound healing benefits of, 77, 79t
 - Microsurgical instruments
 - combination forceps, 51, 52f
 - illustration of, 47, 49f
 - needle holder, 52–53, 53f, 60, 99f
 - needles, 57–58, 58f
 - papilla elevator, 52, 53f
 - scalpel blades, 47, 51, 51f
 - scalpel handle, 47, 50f–51f, 51
 - scissors, 53, 54f, 66
 - training in use of, 60–62, 61f
 - tunneling knives, 55, 55f, 299, 396f, 725f
- Minimally invasive surgery, 38
- Missing teeth
 - abutments
 - design of, 676–677, 679f
 - emergence profile of, 676
 - high-fluorescence shoulder porcelains fused to, 682f–683f
 - materials, 677, 680, 681f–683f
 - titanium, 677
 - zirconia, 677, 680, 681f–682f
 - alveolar ridge defects associated with. *See* Alveolar ridge defects.
 - fixed partial dentures for
 - abutment teeth considerations, 612
 - adhesive, 613, 709f
 - conventional, 612–613
 - disadvantages of, 612–613
 - implant versus, 610–613
 - implant-supported prostheses for
 - description of, 612
 - provisional, emergence profile of soft tissue contouring transferred to, 660, 661f–667f
 - incisors, 697, 698f–717f
 - pontics. *See* Pontics.
 - soft tissue
 - augmentation of. *See* Soft tissue.
 - custom impression tray, 668, 670f–671f
 - emergence profile transferred to implant-supported provisional restoration, 660, 661f–667f
 - impression of, for final restoration fabrication, 660–674
 - sculpting of, in edentulous areas, 650f, 651, 652f–659f, 655, 733f
 - transferring provisional pontic contours to working cast for final restoration, 668, 668f–674f
- Mock-ups, 137–139, 138f, 140f
- Modified double-layer technique, for horizontal hard tissue augmentation, 626, 627f, 739, 740f–760f
- Modified pouch technique, 621, 697, 698f–717f
- Modified ridge lap pontics, 675
- Modified roll flap technique, 629–630, 630f, 779, 780f–798f
- Modified tunnel technique
 - buccal partial-thickness tunnel created with, 583f
 - with connective tissue autograft, 357, 358f–370f
 - description of, 299, 300f–301f, 313f
 - gingival recession treated with, 357, 358f–370f, 389, 390f–404f
 - papilla reconstruction using, 495–496
 - with subepithelial connective tissue graft, 389, 390f–404f

Mucogingival surgery, 132, 133t
 Mucoperiosteal flaps, 77, 90, 91f–92f
 Mucoperiosteal-mucosal flaps, 95–96, 95f–96f
 Mucosal flaps, 77, 91–96, 92f–96f
 Mucosal graft from palate, 237, 238f–244f, 601f
 Mucosal punch procedure, 629f, 629–630
 Mucosal-mucoperiosteal-mucosal flap, 96
 Multistage approach
 fixed partial denture, 555
 implant placement, 554–555, 555f, 632, 633f

N

Necrosis
 connective tissue graft, 824, 825f
 cortical bone plates, 828–829
 flap, 824
 wound margin, 38
 Needle holder, 52–53, 53f, 60, 99f
 Needles, suture, 57–58, 58f
 Nonabsorbable sutures, 56f, 57
 Nonresorbable barrier membranes, 624–625

O

Onlay grafts, 617
 Open gingival embrasure spaces. *See also* Black triangles.
 orthodontic approaches for, 484–488, 485f–487f
 surgical approaches for, 481, 484, 484f
 Open wound healing, 818
 Operating microscope, 43–47, 44f–46f, 46t
 Oral hygiene
 postoperative, 165, 169t
 preoperative, 162
 Oral mucosa, 4, 123, 123f
 Oral sulcular epithelium, 5, 5f
 Orthodontic extraction, 844
 Orthodontic extrusion
 biologic width reestablishment with, 844, 845f–847f
 orthodontic extraction versus, 844
 before tooth extraction, 517–521, 518f–522f
 Orthodontic treatment, gingival augmentation for prevention of gingival recession after, 266–268, 266f–268f
 Osseous crest, 27–29, 28f–29f, 29t
 Osseous remodeling, of extraction sockets, 514
 Ostectomy and gingivectomy, for esthetic crown lengthening, 439, 440f–454f
 Osteosynthesis screws, 768f–769f
 Osteotomy
 illustration of, 223f
 sandwich, 522, 524, 524f, 636–637
 Overeruption, 410, 411f

P

Palatal island flap and inlay graft, 719, 720f–738f
 Palate
 blood supply to, 203f
 subepithelial connective tissue graft
 harvesting from
 complications of, 804, 805f–806f
 greater palatine artery injury during, 804, 805f–806f
 illustration of, 327f, 397f, 545f, 571f, 585f, 707f, 729f, 752f
 technique for, 201–212, 203f–212f, 227, 228f–236f
 thick mucosal graft harvested from, 237, 238f–244f, 601f
 Papilla
 anatomy of, 9, 124
 Class III defect, 485f
 height of
 classification for loss of, 474, 479f
 determinants, 472
 loss of
 etiology of, 472–474
 generalized, 472
 iatrogenic causes of, 474, 476f
 localized, 472
 periodontal surgery as cause of, 477f
 soft tissue defects caused by damage to, 475f
 Papilla elevator, 52, 53f, 396f, 399f
 Papilla reconstruction
 case example of, 480f–483f
 horizontal augmentation
 free connective tissue grafts for, 496f
 predictability of, 484
 subepithelial connective tissue graft for, 499, 500f–511f
 inlay grafting for, 618
 long-term stability of, 496
 modified tunnel technique for, 495–496
 orthodontic approaches, 484–488, 485f–487f
 restorative approaches, 488–494, 488f–494f
 surgical approaches, 481, 484f
 technical aspects of, 495–496
 Partial-thickness flaps, 91–96, 92f–96f, 344f, 362f, 422, 461f, 482f, 724f
 Patient management
 informed consent, 158–159, 159f, 160t
 postoperative, 165–169, 166f–168f, 169t
 postoperative instructions, 160, 161f
 preoperative, 162–163, 163f–164f
 risk factors. *See* Risk factors.
 Peri-implant dehiscence defects, 310, 312f–313f
 Peri-implant mucosa, 17–18
 Peri-implant soft tissue recession, 641
 Peri-implant structures
 anatomy of, 16–17, 16f–17f
 connective tissue, 16

Periodontal disease
 immediate implant placement affected by, 535
 wound healing affected by, 77, 79t
 Periodontal fibers, 9–11, 16, 17f
 Periodontal ligament
 anatomy of, 9, 14f
 fibers of, 419f, 447f, 464f, 529, 530f, 569f
 Periodontal pretreatment, 162, 163f
 Periodontal probe, 323f, 433f
 Periodontal surgery
 aftercare, 166
 biologic width considerations, 22, 23f
 instruments for, 47–55, 48f–55f
 irregular gingival margins treated with, 412
 papilla loss secondary to, 477f
 postoperative management, 165–169, 166f–168f, 169t
 preoperative management, 162–163, 163f–164f
 risk factors. *See* Risk factors.
 Periodontitis-related gingival recession, 284f
 Periodontium
 alveolar process, 12–13, 12f–13f
 blood supply to, 14–15, 14f–15f
 gingiva. *See* Gingiva.
 health of, 122, 122f, 162, 288–292
 innervation of, 14–15, 14f–15f
 Periosteal slitting, 90, 91f
 Periosteal sutures, 108–109, 110f–111f, 465f
 Periosteum
 description of, 13
 subepithelial grafts with, 207f–208f
 Plaque control, 162, 163f
 Plastic-esthetic periodontal surgery, 38
 Pontics
 designs for, 675–676, 676f–678f
 materials, 677, 680, 680f
 modified ridge lap, 675
 ovate, 675, 676f
 porcelain-fused-to-metal, 680f
 provisional, transferring contours to working cast for final restoration, 668, 668f–674f
 requirements of, 675
 total ridge lap, 675
 Positioning sutures, 109, 111, 113f, 365f, 398f, 506f, 572f
 Posterior superior alveolar arteries, 14, 15f
 Postoperative bleeding, 814, 815f
 Postoperative instructions, 160, 161f
 Postoperative management, 165–169, 166f–168f, 169t
 Postoperative medications, 165, 178–187
 Postoperative wound infection, 818–821, 819f, 821f
 Pouch procedures
 connective tissue grafts, 618
 modified, 621, 697, 698f–717f
 Preoperative management, 162–163, 163f–164f

Preoperative medications, 178–187
 Pressure contouring technique, for soft tissue sculpting, 650f, 651
 Primary wound healing, 70–71, 72f–73f
 Prosthetic treatment
 gingival recession after
 gingival augmentation for prevention of, 256, 257f–260f
 treatment of, 310, 311f
 irregular gingival margins around teeth after, 412, 413f–414f
 soft tissue augmentation before, 639f–640f
 Provisional restorations, 137, 139, 142f–143f, 146f

R

Radiographic templates, for implants, 684, 685f
 Releasing incisions, 88–89, 88f–89f, 97f, 222f, 331f–332f, 384f, 708f, 754f, 773f
 Replacement of missing teeth. *See* Missing teeth.
 Resorbable barrier membranes, 624–625
 Restoration margins
 biologic width and, 21
 intrasulcular, 21, 22f
 Risk factors
 cardiovascular diseases, 170–172, 176t
 diabetes mellitus, 173–174, 177t
 endocrine disorders, 173–174
 infectious diseases, 174–175, 177t
 liver function impairment, 172–173, 177t
 organ transplants, 172, 176t
 pulmonary disease, 172, 176t
 renal function impairment, 173, 177t
 Root coverage
 in adolescents, 310
 in children, 310
 complete, 298
 connective tissue grafts for
 free, 297, 297f
 subepithelial, 290f
 coronally advanced flaps for, 297
 defect-specific factors that affect, 303
 esthetic considerations, 298, 299f
 graft orientation effects on, 303, 305f
 graft thickness effects on, 303
 incision-free flapless procedures for, 298
 long-term stability of, 303, 305–306
 modified tunnel technique for, 301f
 patient-specific factors that affect, 302
 periodontal health after, 292, 293f
 predictability of, 302–303
 root cleaning before, 293f
 techniques for, 302t
 technique-specific factors that affect, 303
 Root fracture, 556f, 596f
 Root surface biocompatibility, wound healing affected by, 77, 79t
 Rubber dam training, 60–66, 61f–62f

S

Sandwich osteotomy, 522, 524, 524f, 636
 Scalloped gingiva, 29–30, 31f, 124
 Scalpel handle, microsurgical, 47, 50f
 Scarring, 71
 Scars, 836, 837f
 Scissors, microsurgical, 53, 54f, 66
 Screw-retained implant-supported prosthesis, 680, 681f
 Secondary wound healing, 70–72, 73f
 Sedation, 178–179
 Sharpey's fibers, 9, 10f–11f, 291
 Shell provisional restorations, 139, 142f
 Single-stage approach
 fixed partial denture, 555, 556f–561f, 565, 566f–577f
 implant surgery, 549–554, 550f–554f, 579, 580f–592f
 Sling sutures, 104–108, 107f–109f, 328f–330f, 350f, 381f, 449f
 Smile
 gingival display in, 121f, 130, 131f
 incisal edge position, 134, 136f
 naturally beautiful, 120
 types of, 130, 131f
 Smile line, 130, 131f
 Smoking, 79, 80t
 Socket. *See* Extraction sockets.
 Socket seal surgery
 advantages and disadvantages of, 547t
 for alveolar ridge preservation, 593, 594f–607f
 description of, 546
 wound closure after, for necrosis prevention, 555f
 Socket shield technique, 537, 538f–543f
 Soft tissue
 augmentation of
 alveolar ridge preservation using, 544–545, 545f, 547t, 559f
 inlay graft and palatal island flap for, 719, 720f–738f
 modified pouch technique of, 621, 697, 698f–717f
 before prosthetic treatment, 639f–640f
 subepithelial connective tissue grafts for, 553f, 628f, 631f
 excess, from connective tissue graft, 836, 837f–841f
 sculpting of, in edentulous areas, 651, 652f–659f, 655, 733f
 Split sheets, 162–163, 164f
 Stillman technique, modified, 166, 167f, 169
 Stillman's clefts, 285, 287f
 Stippling, 123, 123f
 Subepithelial connective tissue grafts
 alveolar ridge preservation use of, 544
 coronally advanced flap with, 295, 296f, 319, 320f–336f
 description of, 200
 gingival augmentation using, 269, 271, 272f–281f
 gingival recession treated with, 295, 296f, 319, 320f–336f, 389, 390f–404f
 harvesting of
 from maxillary tuberosity, 212, 213f, 245, 246f–252f, 505f
 from palate, 201–212, 203f–212f, 227, 228f–236f, 327f, 397f, 545f, 571f, 585f, 707f, 729f, 752f, 804, 805f–806f
 horizontal papilla augmentation using, 499, 500f–511f
 modified tunnel technique with, 389, 390f–404f
 root coverage using, 290f
 soft tissue augmentation using, 553f, 628f, 631f
 Sulcular incisions, 86, 87f
 Sulcus
 anatomy of, 5, 5f
 depth of, 20–21
 Superior alveolar nerve, 14
 Supra-alveolar fiber apparatus, 9, 9f
 Surgeon's knot, simple, 62–63, 64f–66f, 114f, 115
 Surgical instruments, 47–55, 48f–55f
 Surgical stent, 208, 211f, 804
 Surgical templates, for implants, 684, 685f
 Suspension sutures, 104–109, 105f–111f
 Suture(s)
 continuous, 100–101, 101f
 double-crossed, 107f, 366f, 368f, 400f, 508f, 573f, 588f, 792f
 double-sling, 104, 104f, 449f, 729f, 753f, 771f–772f
 fixation, 109, 112f
 function of, 96
 horizontal sling, 104, 106, 107f, 109f, 328f–330f, 350f, 381f
 interrupted, 98f, 98–100, 353f, 605f, 730f
 mattress, 100f, 100–103, 102f–103f, 331f, 383f, 448f, 602f–603f, 752f, 771f–772f
 periosteal, 108–109, 110f–111f, 465f
 positioning, 109, 111, 113f, 365f, 398f, 506f, 572f
 removal of, 116, 116f, 165
 sling, 104–108, 107f–109f, 328f–330f
 suspension, 104–109, 105f–111f
 tension-relieving, 101–103, 102f–103f
 types of, 56f–59f, 56–58, 57t, 59t, 66
 wound closure, 98f–101f, 98–101
 Suturing
 knot tying, 62–63, 64f–66f, 114f–116f, 115–116
 needles for, 57–58, 58f
 preparatory measures for, 97
 simple surgeon's knot, 62–63, 64f–66f, 114f, 115
 techniques for, 111t
 throws, 115–116
 training in, 60–66, 61f–67f

T**Teeth**

- abutment. *See* Abutment teeth.
- extraction of. *See* Tooth extraction.
- innervation of, 14
- replacement of. *See* Missing teeth.

Tension-free flap closure, 303

Tension-relieving sutures, 101–103, 102f–103f

Thick gingiva

- description of, 29–30, 31f
- thin gingiva transformed into, using connective tissue grafts, 297f, 297–298

Thin gingiva

- connective tissue grafts for transforming of, into thick gingiva, 297f, 297–298
- description of, 29–30, 31f, 285
- gingival recession risks, 297

Throws, 115–116

Tooth extraction

- alveolar ridge preservation after
 - after sandwich osteotomy, 524–525
 - approaches to, 532
 - clinical aspects of, 549–561, 550f–561f
 - external gingival support splint for, 546
- fixed partial denture. *See* Fixed partial denture.
- guided bone regeneration for, 532–533, 547t
- immediate implant placement for, 535–537, 536f, 547t
- implants for, 549–555, 550f–555f, 579, 580f–592f
- mechanical soft tissue support for, 546, 547f, 547t
- prognosis for, 548t
- single-stage implants for, 579, 580f–592f
- socket filling for, 533, 534f–536f, 537, 547t
- socket seal surgery for, 593, 594f–607f
- soft tissue augmentation for, 544–545, 545f, 547t, 559f
- atraumatic, 529, 530f–531f
- decision-making algorithm for, 649f
- defects secondary to
 - cosmetic and functional effects of, 610–611
 - description of, 515, 516f
 - distraction osteogenesis for prevention of, 522–529, 523f–529f
 - prevention of, 517–548

sandwich osteotomy for prevention of, 524, 524f

socket filling for prevention of, 533, 534f–536f, 547t, 552, 553f, 555, 558f

socket shield technique for prevention of, 537, 538f–543f

soft tissue augmentation for prevention of, 544–545, 545f, 547t

distraction osteogenesis before, 522–529, 523f–529f

flap surgery and, 515

hard tissue defects after, 23

healing after, 514–516, 514f–516f

hopeless teeth, 546, 548, 554, 556f, 596f

multistage surgery, 546, 548

orthodontic extrusion before, 517–521, 518f–522f

sandwich osteotomy before, 522, 524, 524f

single-stage surgery, 546

volumetric changes after, 514

Tooth length, 135, 137t

Toothbrushing

- gingival recession caused by, 285f
- modified Stillman technique, 166, 167f, 169

Training, microsurgical, 60–66, 61f–67f

Translucency, gingival, 260, 261f–265f, 275f

Transplantation, 194

Tunnel technique

description of, 298–299

modified

buccal partial-thickness tunnel created with, 583f

with connective tissue autograft, 357, 358f–370f

description of, 299, 300f–301f, 313f

gingival recession treated with, 357, 358f–370f, 389, 390f–404f

papilla reconstruction using, 495–496

with subepithelial connective tissue graft, 389, 390f–404f

Tunneling Knives, 55, 55f, 299, 396f, 725f

U

Upper lip hypermobility, 408

V

Vertical alveolar ridge augmentation cortical bone plate method for, 761, 762f–778f

description of, 636–637

Vertical mattress sutures, 383f, 448f

Vertical maxillary excess

definition of, 408

gummy smile caused by, 410

Vertical releasing incisions, 88–89, 89f, 97f, 222f, 331f–332f, 384f, 708f, 754f, 773f

W

Wedge-shaped defects, gingival recession with, 308, 308f–309f, 343f

Wound closure sutures, 98f–101f, 98–101

Wound dehiscence, 628f, 629, 818–820, 819f

Wound healing

clinical assessment of, 74–75, 76f

disorders of, 820, 821f

exudative phase of, 74

factors that affect, 77–81, 79t–80t

inflammatory phase of, 72

local factors that affect, 77–78, 79t

open, 818

palatal donor sites, 202

patient-specific factors that affect, 80–81

phases of, 72, 74

primary, 70–71, 72f–73f

principles of, 70–75

proliferative phase of, 74

repair phase of, 74

resorptive phase of, 74

restoration phase of, 74

secondary, 70–72, 73f

subepithelial connective tissue graft

harvesting, 205f–206f

systemic factors that affect, 78–81, 80t

tooth extraction, 514f–516f, 514–516

Wound infection, postoperative,

818–821, 819f, 821f

X**Xenogeneic materials**

bone substitute, 212–213, 623

connective tissue, 216

guided bone regeneration use of, 626

Xenografts, 213

Xenotransplantation, 194

Z

Zirconia abutments, 677, 680, 681f–682f