



Laser Gingival Recontouring

What is it?

Gingival recontouring is a procedure that removes excess gingival using a laser.

Why do we do it?

We do it for esthetics, for optimal bracket placement when the gums are swollen, and to speed treatment when there is a partially erupted tooth.

What will it feel like?

During the procedure-

For most procedures a topical anesthetic cream is applied to the area where we will be working. This is usually adequate to prevent any discomfort during the procedure.

After the procedure-

The laser sterilizes the area to prevent infection. It also seals off the blood vessels, which eliminates bleeding. There is usually very little or no discomfort after the procedure, any soreness can be alleviated with Tylenol or Advil.

Can I eat normally after the procedure?

You may eat anything you normally would, other than your current food limitations. We do recommend avoiding spicy or salty foods for a few days.

How do I take care of the area after the procedure?

It is critical that the area be kept clean! Brush normally using a *soft* toothbrush. Warm salt water rinses also may help.

It is not uncommon to have a little bleeding for a couple of days. Most healing occurs within the first 3-4 days. Total healing time is generally 7-10 days.

Dr. Jasmine Gorton | Dr. Diana Schron | Board Certified Orthodontists