

# **Newport Institute for Dentistry**

## **CONSENT FOR THE CHAO PINHOLE SURGICAL TECHNIQUE**

**Diagnosis:** After a careful oral examination and study of my dental condition, my dentist (Dr \_\_\_\_\_) has advised me that I have significant gum recession. I understand that with this condition, further recession of the gum may occur which could lead to premature tooth loss. Additionally, for fillings at the gum line, it is important to have sufficient width of attached gum to withstand the irritation caused by the fillings or edges. Sufficient width of attached gum is also necessary to withstand the repeated forces of tooth brushing and food.

**Recommended Treatment:** In order to treat this condition, my dentist has recommended that the PST procedure be performed. Local anesthetic will be administered as part of the treatment. The PST procedure will involve a small pinhole or several pinholes placed under the lip in the vestibule depending on the number of teeth treated. Specially designed instruments will be used to gently loosen and drape the gum tissues over the exposed recessed areas on the teeth. Resorbable collagen will then be placed in the pinholes to increase the width of the gum and secure the tissues in place. Unforeseen circumstances may call for change from the anticipated surgical plan. These may include, but are not limited to: inclusion of additional teeth not originally planned, termination of the procedure prior to completion of all the surgery originally planned and placement of sutures if indicated. These treatment changes could result in additional billable fees being charged.

**Expected Benefits:** The purpose of the PST procedure is to: create a widened zone of attached gum tissue adequate to reduce the likelihood of additional gum recession and to cover exposed root surfaces in order to enhance the appearance of the teeth and gum line and to prevent/treat root sensitivity or root decay.

**Principal Risks and Complications:** The amount of root coverage will depend on many factors including but not limited to: the severity of recession, blood supply to the tissues, amount of tissue and bone loss interproximally (in between the teeth), overall systemic and oral health of the patient and compliance with the post-operative instructions. In addition, the success of PST can be affected by: medical conditions, dietary and nutritional problems, smoking, alcohol consumption, clenching and grinding of the teeth, improper oral hygiene and medications that I may be taking. There may be a need for a second procedure if the initial surgery is not satisfactory.

**Complications from PST may include but are not limited to:** bleeding, bruising and swelling, pain, infection, transient or even permanent tooth sensitivity, temporary or even permanent numbness of the lips, chin and gums, allergic reactions and accidental swallowing of foreign matter. The exact duration of any complications cannot be determined and they may be irreversible. To my knowledge I have reported to my dentist any prior drug reactions, allergies, diseases, symptoms, habits or conditions which might in any way relate to this surgical procedure. I understand that my diligence in providing the personal daily care recommended by my dentist and taking all prescribed medications is important to the ultimate success of the procedure.

**Alternatives to Suggested Treatment:** My dentist has explained alternative treatments for my gum recession and modifications of techniques for brushing my teeth.

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***Necessary Follow-up Care and Self-Care:*** I understand that it is important for me to continue to see my regular dentist. I recognize that natural teeth and their artificial replacements should be maintained daily in a clean, hygienic manner. I will need to come for appointments after my surgery so that my healing may be monitored and so that my dentist can evaluate and report on the outcome of the PST. I know that it is important to abide by the specific prescriptions and instructions given by the dentist and to see my dentist for periodic examinations.

***No Warranty or Guarantee:*** I hereby acknowledge that no guarantee, warranty or assurance has been given to me that the proposed treatment will be successful. In most cases, the treatment should provide benefit in reducing the cause of my condition and should produce optimum healing which will help me keep my teeth. Due to individual patient differences, a dentist cannot predict certainty of success. Rarely, there is a risk of failure, relapse, additional treatment or even a worsening of my present condition including the possible loss of certain teeth, despite the best of care.

***Use of Records:*** I authorize photos, slides, x-rays or any other viewings of my care and treatment during or after its completion to be used for reimbursement or teaching purposes.

**PATIENT CONSENT:** I have been fully informed of the nature of PST, the procedure to be utilized, the risks and benefits of PST, the alternative treatments available, and the necessity of follow-up and self-care. I have had an opportunity to ask any questions I may have in connection with the treatment and to discuss my concerns with my dentist. After thorough deliberation, I hereby consent to the performance of PST as presented to me during consultation and in the treatment plan presentation. I also consent to the performance of such additional or alternative procedures as may be deemed necessary in the best judgment of my dentist.

I CERTIFY THAT I HAVE READ AND FULLY UNDERSTAND THIS DOCUMENT

Patient name \_\_\_\_\_ Date \_\_\_\_\_

Parent/guardian name if applicable \_\_\_\_\_

**Signature of patient or parent/guardian** \_\_\_\_\_

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## **Post-Operative Instructions for Pinhole Surgical Technique**

**HEMORRHAGE CONTROL:** Do not suck on the wound or spit unnecessarily as it will prolong the bleeding. Do not be alarmed, it is normal to have some blood in your saliva during the next 24 to 48 hours.

**PAIN CONTROL:** If you're not given a prescription, utilize ONE of the following recommendations as needed for pain management: 1) Take 1 Advil and 1 Tylenol together; or 2) 2 Advil and 2 Tylenol together; 3) 2 Tylenol, Aspirin, Anacin, or APC tablets every 4 hours for discomfort. If you were given a prescription, follow the prescribed directions accordingly. Avoid taking pain medication on an empty stomach. If this does not control the pain call the office.

**SWELLING CONTROL:** To aid in the prevention of swelling after this procedure, the application of ice packs to the face is very effective. Ice Packs should be used 10 minutes out of each hour until bedtime, do not use ice packs for longer than 48 hours. Keep your head and shoulders elevated to a 45 degree angle until bedtime. The first day after surgery, do NOT apply heat to the face unless you are specifically told to do so.

**DIET:** You may have clear liquids when arriving home. After 2 hours, a soft diet may be resumed. No milk products until evening. Drink plenty of fluids, but DO NOT USE A STRAW. Well balanced meals are important to recovery. Do not use any alcohol for the first 24 hours.

**ORAL HYGIENE:** After 24 hours, if the bleeding has stopped, a warm salt water mouth rinse (1/2 teaspoon salt + one glass of warm water) will aid in healing. Use PERIDEX after every meal. Do not swish the mouth rinse. The rinsing should not be excessively vigorous as this may affect healing. Use after every meal or at least 2 times a day. DO NOT WEAR ANY MOUTH APPLIANCES (PERIO-PROTECT, SPORTSGUARDS, FLUORIDE TRAYS, BLEACHING TRAYS, ORTHODONTICS, ETC.) UNTIL INSTRUCTED TO BY DR. VARTANIAN.

**REST:** Avoid over fatigue. Go to bed early at night and get adequate rest during the day. Remain inactive for 24 hours.

**LIPS:** If the corners of your mouth are cracked or sore from the retractors during surgery, keep lubricated with a little Vaseline.

**BLACK AND BLUE:** Do not be alarmed if a yellow blue-black discoloration appears on your face after surgery. It may take a week or so to fade away.

***ANTIBIOTICS:*** It is not always necessary to take antibiotics after a surgical procedure. If you are given a prescription for an antibiotic, have it filled and take all of the medication according to the instructions on the label.

***SUTURE:*** Occasionally sutures are placed. The sutures are non-dissolvable and will need to be removed by Dr. Vartanian.

***POST-OP VISITS:*** You should return to the office for your post-operative visits at the suggested time. However, feel free to call if you are having any problems.

## SUPPLEMENTS TO DISCONTINUE BEFORE AND AFTER SURGERY

Nowadays, many patients are taking nutritional supplements in increasing amounts. While generally beneficial and safe, their use around the time of surgery may not be desirable. Certain nutritional supplements may cause adverse reactions during or after surgery, including: prolonged bleeding, interference with anesthesia, cardiovascular disturbances, and interactions with prescription drugs. To ensure surgical safety, please discontinue the use of the following nutritional supplements, two weeks prior to surgery and two weeks after surgery.

### **Bilberry** (*Vaccinium myrtillus*)

Contains compounds called anthocyanoside, and flavonoid compounds that strengthen blood vessels, improve circulation and can be useful in treating eye disorders. *Bilberry can affect blood cells called platelets and may increase bleeding.*

### **Cayenne** (*Capsicum frutescens*)

Also known as red pepper, cayenne lowers levels of cholesterol in the blood, which can help to lower blood pressure. *Cayenne may affect platelets and an overdose can cause significant drop in body temperature.*

### **Dong Quai** (*Angelica sinensis*)

An all-purpose women's herb used to provide energy and regulate female hormones. *An active constituent in Dong Quai is a Coumadin-like compound, which may increase existing anticoagulant (blood thinning) medications.*

### **Echinacea** (*Echinacea augustifolia*)

Used to boost the immune system and for infections of the respiratory tract. *Echinacea may negatively affect the liver when general anesthetics or certain other medications are used.*

### **Feverfew**: (*Tanacetum parthenium*)

From the Latin word, febrifuge, which means fever-reducing, the herb is used mainly to treat migraine headaches. *Feverfew may increase bleeding, especially in patients taking certain blood-thinning medications.*

### **Fish Oil**

The Omega-3 essential fatty acids found in fish oil are beneficial for lowering blood pressure, cholesterol and triglyceride levels and reducing the risk of heart disease. *Fish oil had blood-thinning properties which can be problematic during surgery.*

### **Garlic**: (*Allium sativum*)

Used therapeutically to prevent and treat atherosclerosis (hardening of the arteries) and elevated cholesterol. *Garlic may augment the effects of blood-thinners like Coumadin\* (warfarin) and non-steroidal anti-inflammatory drugs (NSAIDs) causing abnormal bleeding time.*

### **Ginger** (*Zingiber Officinale*)

Stimulates the digestive system and helps relieve motion sickness, nausea and vomiting. *Use of ginger may alter bleeding time and interfere with cardiac and anticoagulant*

### **Ginkgo Biloba** (*Ginkgo Biloba*)

One of the oldest living tree specimens and one of the best researched herbal medicines. Ginkgo biloba improves blood circulation by strengthening the vascular system and inhibiting platelet aggregation. Ginkgo is also used to help prevent mental deterioration in the elderly. *Ginkgo has significant blood-thinning activity which is three times stronger than Vitamin E.*

### **Ginseng** (*Panax quinquefolium/Panax ginseng*)

Ginseng is a so-called adaptogen (increases physiological resistance to stress) and an antioxidant. Commonly taken to enhance physical and cognitive performance. *Ginseng acts as an anticoagulant and may interact with cardiac, high-blood pressure medications and blood-glucose lowering medications.*

### **Hawthorne** (*Crataegus laevigata*)

Hawthorne is used for deteriorating heart function and may be helpful for angina, arteriosclerosis and some mild types of abnormal heart rhythm (arrhythmia). *Hawthorne can enhance the effects of the heart medication digitalis (Lanoxin and Digoxin).*

### **Kava Kava** (*Piper methysticum*)

Kava root preparations reduce stress-related anxiety and the effects of anxiety disorders. *Kava Kava may potentiate the effects of medications including: barbiturates, alcohol, antidepressants, antipsychotics, and general anesthetics.*

### **Licorice Root** (*Glycyrrhiza glabra*)

Traditionally used for coughs and as a soothing remedy for skin. *Glycyrrhizic acid in real licorice may cause high blood pressure, lower potassium levels in the blood and enhance swelling (edema).*

### **Ma Huang** (*Ephedra sinica*)

More widely known as ephedra, the herb was found in weight loss energy supplements until it was banned by the Food & Drug Administration (FDA) in 2003. *Although some products have substituted ephedra with bitter orange, both herbs have similar effects on the cardiovascular system including hypertension, rapid heart rate, cardiomyopathy (heart muscle inflammation) and abnormal heart rhythm*

### **Melatonin**

A hormone that is secreted by the pineal gland located in the brain. Since melatonin controls the body's sleep-wake cycle, it is often used to counteract sleeplessness and jet lag. *Melatonin may potentiate the central nervous system effects of barbiturate drugs (produce relaxation and sleep) and general anesthetics.*

### **Red Clover** (*Trifolium pretense*)

An herb that is a rich source of isoflavones and used to treat a number of conditions associated with menopause. *An active constituent in Red Clover includes Coumadin derivatives, which may potentiate existing anticoagulant medications.*

### **St. John's Wort** (*Hypericum perforatum*)

An herbal medicine used to treat mild to moderate depression and seasonal affective disorder (SAD). *Since St. John's Wort works like the antidepressants called monoamine oxidase (MAO) inhibitors, it may react with these drugs. In addition, many other drug interactions have been reported with St. John's Wort.*

### **Valerian** (*Valeriana officinalis*)

Valerian eases insomnia, stress-related anxiety and nervous restlessness. *Valerian is a sedative herb and may increase the side effects of other anti-anxiety medications or prescription painkillers.*

### **Vitamin E**

Vitamin E is a fat soluble vitamin that is a strong antioxidant and may protect cells from free-radical damage. This nutrient may play a role in the prevention and treatment of cardiovascular disease and other aging related degenerative disorders. *Vitamin E also has anti-clotting activity that can prolong bleeding time during surgery.*

### **Yohimbe** (*Corynanthe yohimbe*)

As a natural "Viagra\*", yohimbe is touted as a sexual stimulant and as a potential treatment for male impotence. *Yohimbe can raise the heart rate and blood pressure, and increase the potency of anesthetics.*