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Treatment of multiple areas of gingival recession using a simple harvesting technique for autogenous connective tissue graft.

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## Abstract

### BACKGROUND:

A clinical case is presented describing a simple approach to harvest a connective tissue graft from the palate. This technique involves partial palatal deepithelialization and procurement of a layer of thin and uniform abundant connective tissue to treat multiple areas of gingival recession.

### METHODS:

A 52-year-old European American male was referred for treatment of root sensitivity associated with gingival recession stemming from toothbrush abrasion. The areas of gingival recession associated with teeth #18 through #22 and teeth #27 through #31 were classified as Miller Class III gingival recession. A tunnel technique was planned for both areas in the mandible. The right palate, which served as the donor site, was deepithelialized, and a large connective tissue graft approximately 1 mm thick was harvested. A periodontal probe was used to pass the graft through the tunnel, and the grafted areas were sutured using one or two vertical mattress sutures per interdental area.

### RESULTS:

The patient was followed until complete healing was achieved. At 3 months, there was improvement in gingival thickness, keratinized tissue width, and root coverage. Complete root coverage occurred in three of the 10 treated teeth, and the remaining teeth obtained 80% to 90% root coverage. The patient's root sensitivity symptoms were resolved.

### CONCLUSIONS:

The technique is practical and simple to perform. This approach, involving partial palatal deepithelialization and the applied tunnel surgical procedure, resulted in a successful clinical outcome with increased gingival tissue thickness, keratinized tissue, and root coverage.

Comment in • Letter to the editor: re: "treatment of multiple areas of gingival recession using a simple harvesting technique for autogenous connective tissue graft". [J Periodontol. 2010]