



**GLOBE**

# healthreport

**NEW!**



**BEFORE**  
Receding gums can cause a slew of problems

## PAINLESS FIX FOR RECEDING GUMS



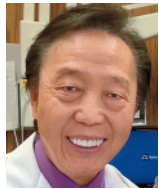
**AFTER**  
New technique repairs gums quickly with great results

**A** DENTAL breakthrough can correct receding gums without painful cutting and stitches – or the need to take time off from work for a recovery.

Experts say the newly developed Chao Pinhole Surgical Technique is quick, painless and can be done in the time it takes to eat lunch.

“There is virtually no pain and bleeding, and there is instant transformation of the defective gum line,” says Dr. John Chao, the L.A. dentist who invented the procedure.

Here’s how Chao’s “lunchtime gum lift” is done. Tissue is numbed with a local anesthetic and a tiny entry point the size of a ballpoint pen tip is made above or below the teeth being treated.



A special tool developed by **Dr. Chao** Dr. Chao is inserted into the hole and moves the gum tissue into position.

The surgeon then passes tiny collagen strips through the opening and inserts them under the gum. The strips keep the tissue in place until the patient’s body produces new collagen to fix receding gums.

The procedure takes about a half hour to an hour depending on how many teeth are involved.



The hole heals quickly and is almost undetectable in a day or so.

Chao says his method replaces the old technique where “Dentists would have to remove tissue from the roof of the mouth and then graft it into the area where the gum had moved away from the tooth.

“This can be a very painful and tedious procedure that requires a lot of downtime afterward.”

The American Dental Association says half of Americans between the ages of 18 and 65 already have receding gums. But the number of patients who have tried gum graft surgery is relatively low “because people perceive it to be an invasive procedure,” Chao says.

Utah dentist Dr. Ryan O’Neil says Chao’s method lets him treat four or five teeth in the same time he used to treat one.

Dr. Richard Ward, a New York City periodontist, notes there are other methods to treat receding gums. “One uses a unique stem cell product called Emdogain that actually causes the regeneration of gum attachment to tooth and bone,” he says.

Ward also cautions patients to “seek the advice of their dentists and periodontists before embarking upon any novel procedure.”

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