



Fixing an Interproximal Anterior Embrasure Papilla Using Palatal Soft Tissue

DR. Richard Manuel Cavero Gomez.

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Restoring an interproximal anterior embrasure papilla using palatal soft tissue involves soft tissue grafting techniques to regenerate or enhance the lost papilla. This procedure is commonly performed to address black triangles between anterior teeth, which may result from bone loss, gingival recession, or periodontal disease.



Approach Using Palatal Soft Tissue Grafting

Assessment & Diagnosis

Determine the extent of papilla loss.

Evaluate periodontal health, bone support, and interproximal contact points.

Address the underlying cause of papilla loss, such as periodontal disease or orthodontic misalignment.

Harvesting Palatal Tissue

A subepithelial connective tissue graft (SCTG) is commonly utilized.

Tissue is harvested from the palatal donor site.



Surgical Procedure

A pouch or tunnel technique is created in the interproximal area.

The graft is inserted into the pouch and secured with sutures.

Microsurgical techniques and minimally invasive approaches enhance healing and esthetic outcomes.

Healing & Tissue Integration



The graft integrates with the existing papilla and forms new tissue.

Proper suturing and post-operative care are crucial for maintaining papilla shape.

Healing typically takes several weeks to months, depending on individual patient factors.

Alternative or Adjunctive Techniques

Vascularized Interpositional Periosteal-Connective Tissue (VIP-CT) Graft

Enhances blood supply and ensures better graft survival.

Platelet-Rich Fibrin (PRF) Use

Speeds up healing and promotes soft tissue regeneration.

Orthodontic Space Closure

Adjusts interproximal contact points to reduce black triangles.

A non-surgical alternative that temporarily fills papilla defects.

Injectable Hyaluronic Acid Fillers

Conclusion

By implementing these techniques, clinicians can effectively restore interproximal papilla, improving both function and esthetics in patients with anterior black triangles.



REFERENCES

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