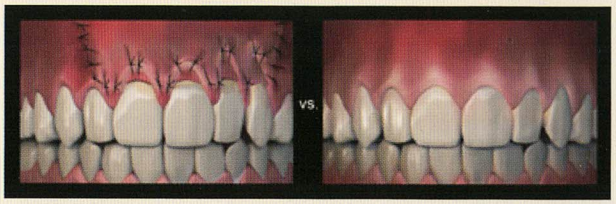
- **Aggressive tooth brushing.** Brushing teeth and gums too hard can cause gum recession.
- **Insufficient dental care.** Inadequate brushing and flossing make it easy for plaque to turn into calculus (*tartar*) - a hard substance that builds on and between teeth. This type of plaque can only be removed by a professional dental cleaning.
- **Hormonal changes.** Fluctuations in female hormone levels during a woman's lifetime, such as in puberty, pregnancy, and menopause can make gums more sensitive and more vulnerable to gum recession.
- **Tobacco products.** Tobacco users are more likely to have sticky plaque on their teeth that is difficult to remove and can cause gum recession.
- **Grinding and clenching teeth.** Clenching or grinding teeth can put too much force on the teeth, causing gums to recede. Clenching during sleep is a common cause of gum recession.
- **Crooked teeth or a misaligned bite.** When teeth do not come together evenly, excessive force can be placed on the gums and bone, allowing gums to recede.
- **Body piercing of the lip or tongue.** Jewelry can rub the gums and cause irritation to the point that gum tissue is worn away.



After conventional grafting technique using scalpel and sutures.

After The Pinhole® Surgical Technique. Scalpel-free, suture-free, graft-free.

The Pinhole® Surgical Technique is internationally acclaimed.

The unique features of the Pinhole® Surgical Technique have aroused international interest on the part of the media. Over 240 TV stations around the world have featured this **revolutionary**, **minimally invasive technique** for treating a problem that is found in half of the U.S. population (JADA, 2003). The Pinhole® Surgical Technique has been featured on **"The Doctors Show"**, **"Dr. Steve Show"**, **"ABC"**, **"NBC"**, and over 240 other stations across the U.S. and Canada, reaching **10's of millions** of viewers, and thus making Pinhole® Surgical Technique a household term. For this reason, you may have already heard about this "breakthrough procedure" for correcting receding gums and saving teeth. The Pinhole® Surgical Technique was granted patents and trademarks on the method and instruments by the U.S. Patent and Trademark office. **Only a Pinhole® Academy certified dentist can offer this technique**. Please also see "The Pinhole® Surgical Technique, A Novel Approach to Root Coverage", published in the October 2012 issue of *The International Journal of Periodontics and Restorative Dentistry*, a high-impact, peer-review journal. (Int J Periodontics Restorative Dent 2012;32:521-531).

Instrument: Patent No. US 8,007,278,B2
Method: Patent No. US 8,202,092,B2
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PINHOLE® SURGICAL TECHNIQUE (PST®)
Pinhole Gum Rejuvenation™

A Scalpel-Free, Suture-Free, Graft-Free Treatment Option for Receding Gums.

A quick, easy and instantly pleasing procedure that can be life changing!

Martha H. Sanger D.D.S.
2320 17TH Street
Bakersfield, CA 93301
(661) 395- 3115

The Chao Pinhole® Surgical Technique, also known as Pinhole Gum Rejuvenation™, was invented and patented by John Chao, D.D.S.

It is a *scalpel-free, suture-free, graft-free,* minimally invasive procedure for correcting gum recession and saving teeth. Through a small hole made by a needle, specially designed instruments are used to gently loosen the gum tissue and glide it over the receded part of the tooth. Since there is no cutting or stitching, patients can expect minimal post-operative symptoms (pain, swelling and bleeding). Patients are pleasantly surprised by the instant cosmetic improvement. Most patients are able to resume light normal activities within 24-48 hours after treatment. (excluding working out and strenuous activities)

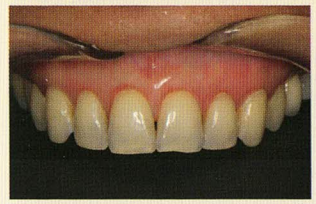
Top 10 Benefits of the Pinhole® procedure:

1. Can correct gum recession in as little as **1 treatment session**.
2. **Minimal discomfort and swelling** in most cases because the method is **scalpel-free, suture-free and graft-free**.
3. **Long term results** per the International Journal of Periodontology & Restorative Dentistry. (October 2012)
4. The pinholes **heal in 24 hours** in most cases.
5. Only 2 over-the-counter pain pills required after treatment on average per the study in the Int. Journal of Periodontology & Restorative Dentistry. (October 2012)
6. Can **prevent tooth loss** and the need for other costly procedures such as implants or dentures.
7. Treatment sessions can be completed in as little as 1-2 hours in many cases.
8. Can enhance a more **youthful and attractive** appearance.
9. Patients often describe **feeling happier** due to being able to smile without the shame or guilt associated with **ugly receded gums**.
10. Most patients are back to normal light activities within **24-48 hours** post procedure.

★ SATISFIED PATIENTS AS SEEN ON TV ★

Before Pinhole®

After Pinhole®

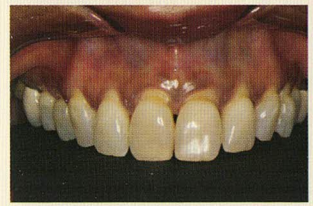


Rocio as featured on THE Doctors

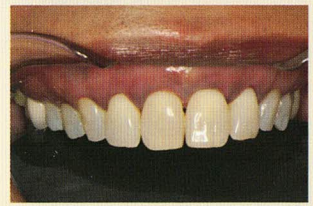
"The Pinhole Gum Rejuvenation™ procedure was amazing, I can't believe the results."

View on YouTube: "Rocio on The Doctors Show"

Before Pinhole®



After Pinhole®



Lorraine as featured on NBC

"Some people dream of winning the lottery, but this is the answer to my prayers."

View on YouTube: "Lorraine Pinhole Surgical Technique on NBC"

Before Pinhole®

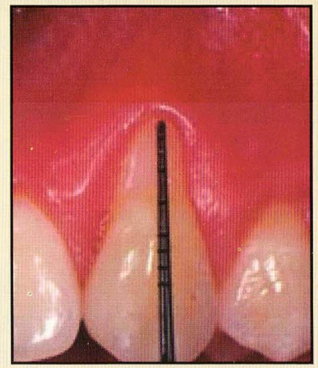
After Pinhole®

Joyce as featured on abc

"It was a miracle, an absolute miracle."

View on YouTube: "Joyce Pinhole Surgical Technique on ABC"

What are the consequences of gum recession?



Gum recession is the process in which the margin of the gum tissue that protects the teeth wears away, or pulls back, exposing more of the tooth root. When gum recession occurs, "pockets", or gaps form between the teeth and gum line, therefore, making it easy for **disease causing bacteria to build up and destroy teeth**. If left untreated, the supporting tissue and bone structures of the teeth can be severely damaged and may ultimately result in tooth loss and even severe health consequences. Gum recession is a common dental problem and most people do not know that they have gum recession because it occurs gradually. The first sign of gum recession is usually tooth sensitivity or you may notice teeth that look longer than normal. Typically, a notch can be felt near the gum line. **Do not ignore gum recession!** Early detection and treatment is essential to maintaining overall health and saving teeth. If you think that your gums are receding, make an appointment immediately with a certified Pinhole® Surgical Technique dentist for an evaluation of your individual case.

Why Do Gums Recede?

- **Periodontal diseases.** These are bacterial gum infections that destroy gum tissue and the supporting bone that holds teeth in place. Gum disease is the main cause of gum recession and loss of teeth. Due to genetics, some people may be more susceptible to gum disease. In fact, studies show that 30% of the population may be pre-disposed to gum disease, regardless of how well they care for their teeth.