

### **WHAT IS A FIBEROTOMY?**

FOLLOWING COMPLETION OF ORTHODONTIC TREATMENT, OR JUST PRIOR TO COMPLETION, YOUR ORTHODONTIST WILL ASK DR. FERGUSON TO PERFORM A PROCEDURE CALLED A FIBEROTOMY. THIS TYPE OF TREATMENT IS PERFORMED ON ANY TEETH THAT MAY HAVE SUSTAINED SIGNIFICANT MOVEMENT/ ROTATION DURING ORTHODONTIC TREATMENT. YOUR ORTHODONTIST WILL SPECIFY WHICH TEETH ARE OF CONCERN. THIS PROCEDURE INVOLVES GENTLY RELEASING THE ATTACHMENT FIBERS THAT RUN BETWEEN THE TOOTH AND GUM TISSUE WHILE USING A LOCAL ANESTHETIC (NUMBING). THIS PROCEDURE TAKES THE "TWIST" OUT OF THE ATTACHMENT FIBERS AND ALLOWS THE FIBERS TO ATTACH TO THE PROPERLY ALIGNED TEETH DURING HEALING. THIS IN TURN HELPS TO PREVENT FURTHER ROTATION IN THE FUTURE.

### **POST-OPERATIVE INSTRUCTIONS FOR FIBEROTOMIES**

- PATIENT IS INSTRUCTED TO WEAR ORTHODONTIC RETAINER FULL-TIME FOR THREE WEEKS.
- A SMALL AMOUNT OF BLEEDING THE SAME DAY IS NORMAL. IT IS OK TO TAKE YOUR RETAINER OUT TO RINSE IT OFF.
- THERE ARE NO DIET RESTRICTIONS FOLLOWING THIS PROCEDURE, HOWEVER WE RECOMMEND THAT YOU DO NOT EAT UNTIL THE NUMBNESS HAS WORN OFF.
- DISCOMFORT SHOULD BE MINIMAL, TAKE TYLENOL OR ADVIL IF NEEDED.
- AFTER 24 HOURS, YOU MAY RINSE WITH WARM SALT WATER IF THIS MAKES THE GUM TISSUE FEEL BETTER.
- RESUME BRUSHING THE DAY OF THE PROCEDURE, AND RESUME FLOSSING THE DAY AFTER THE PROCEDURE. YOU MAY NOTICE A LITTLE BLEEDING WITH FLOSSING. THIS IS CONSIDERED NORMAL.
- DR. FERGUSON DOES NOT USUALLY REQUIRE A POST-OPERATIVE VISIT FOR THIS PROCEDURE. A REPORT WILL BE SENT TO THE REFERRING DENTIST FOLLOWING TREATMENT.

Should you have any questions or concerns, call 344-0908.  
If you need to reach Dr. Ferguson after hours call 484-2235  
To reach Dr. Beaudry call (480) 444-8119.

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