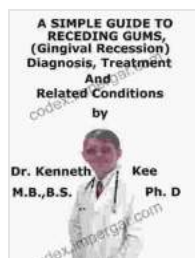


The Ultimate Guide to Receding Gums: Diagnosis, Treatment, and Prevention

What Are Receding Gums?

Receding gums, also known as gum recession or gingival recession, is a condition in which the gum tissue around your teeth wears away, exposing the roots of your teeth. This can lead to a number of problems, including tooth sensitivity, pain, and infection.



A Simple Guide To Receding Gums, (Gingival Recession) Diagnosis, Treatment And Related Conditions by Kenneth Kee

★★★★★ 5 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 67 pages
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What Causes Receding Gums?

There are a number of factors that can contribute to receding gums, including:

- **Poor oral hygiene:** Not brushing and flossing your teeth properly can lead to the buildup of plaque and tartar, which can irritate your gums

and cause them to recede.

- **Gum disease:** Gum disease is a serious infection of the gums that can damage the tissue and bone that support your teeth. This can lead to receding gums and other serious problems.
- **Smoking:** Smoking damages the blood vessels in your gums, which can lead to inflammation and receding gums.
- **Genetics:** Some people are more likely to develop receding gums than others due to their genes.
- **Aging:** As you age, your gums may naturally recede slightly. This is usually not a cause for concern, but it's important to see your dentist regularly to monitor your gums.

What Are the Symptoms of Receding Gums?

The symptoms of receding gums can include:

- **Exposed tooth roots:** This is one of the most common signs of receding gums. You may notice that your teeth look longer than they used to, or that you can see the roots of your teeth when you smile.
- **Tooth sensitivity:** Receding gums can expose the roots of your teeth, which are more sensitive to hot and cold temperatures than the enamel on the crowns of your teeth.
- **Pain:** Receding gums can also cause pain, especially when you eat or drink something hot or cold.
- **Bleeding gums:** Receding gums may bleed when you brush or floss your teeth.

- **Loose teeth:** Receding gums can weaken the support for your teeth, which can make them loose.

How Are Receding Gums Diagnosed?

Your dentist can diagnose receding gums by examining your mouth and taking X-rays. X-rays can show the extent of the gum recession and any damage to the underlying bone.

How Are Receding Gums Treated?

The treatment for receding gums will depend on the severity of the condition and the underlying cause. Some of the most common treatments include:

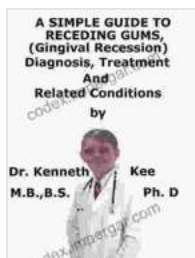
- **Scaling and root planing:** This is a deep cleaning procedure that removes plaque and tartar from the teeth and roots. Scaling and root planing can help to stop the progression of gum disease and receding gums.
- **Gum surgery:** Gum surgery is a more invasive procedure that may be necessary to treat severe receding gums. Gum surgery can involve grafting tissue from another part of your mouth to cover the exposed roots of your teeth.
- **Laser gum treatment:** Laser gum treatment is a less invasive procedure that can be used to treat mild to moderate receding gums. Laser gum treatment uses a laser to remove diseased tissue and stimulate the growth of new tissue.

How Can Receding Gums Be Prevented?

There are a number of things you can do to help prevent receding gums, including:

- **Brush and floss your teeth regularly:** This is the best way to remove plaque and tartar from your teeth and gums and prevent gum disease.
- **Use a soft-bristled toothbrush:** A hard-bristled toothbrush can damage your gums and cause them to recede.
- **Don't smoke:** Smoking is one of the worst things you can do for your gums. Smoking damages the blood vessels in your gums and makes them more susceptible to infection.
- **Eat a healthy diet:** Eating a healthy diet that is rich in fruits and vegetables can help to keep your gums healthy.
- **See your dentist regularly:** Seeing your dentist regularly for checkups and cleanings can help to catch and treat gum disease early on, before it has a chance to cause serious damage.

Receding gums is a common condition that can have a number of negative consequences for your oral health. However, with proper treatment and prevention, you can keep your gums healthy and strong for life.



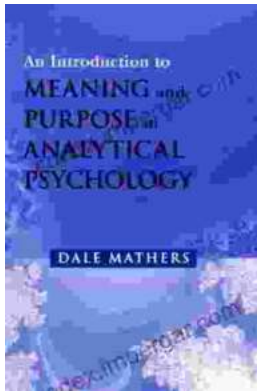
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