

Receding Gums

Day to day changes in the gums are minimal, however regular check ups are necessary to ensure there are no problems.

About

Receding gums is a gradual loss of gum tissue that exposes the roots of the teeth. It's not usually something that happens immediately and is most common in patients over age 40.

Causes

The main causes of receding gums are: Your genes, Grinding your teeth at night, Misaligned teeth, Incorrect brushing, Trauma and Gum Disease.

Treatment

If receding gums are recognised in the early stages you may be able to counteract the problem with a better flossing technique, using a mouth guard and a softer toothbrush as well as some scaling and cleaning by the dentist.

Gums that have receded to a point where the roots have become totally exposed may require intense treatment or surgery.

It is sometimes possible to graft tissue to cover a portion of the exposed root surface and to reinforce the fragile, receding gum tissue to protect from further damage.



Paramount Dental Sydney

Dr Amrinder Oberoi

Principal Dentist - BDS Hons. (NZ)

Dr David Graham

Dentist - LDS, RCS (Eng.), MSc (Lon.)

T (02) 9267 8540

F (02) 9267 5195

www.paramountdentalsydney.com.au

hello@paramountdentalsydney.com.au