



Gingival recession is a progressive dental condition where the gums begin to pull away from the teeth, exposing more of the teeth and potentially the roots as well. It develops slowly over time, so many people do not notice until it is identified by a dental professional.



There are a variety of factors that can cause gingival recession. A common cause of this is gingivitis, characterized by the buildup of hard calculus and bacterial deposits beneath the gumline that slowly detach and erode gum tissue.



Additionally, improper tooth brushing and flossing can contribute to the recession. Too much force being applied and incorrect technique can wear the gum tissue away, potentially exposing the roots and making the teeth susceptible to damage. Genetics and hormonal changes can also add to your risk.



It is important to address issues of gingival recession early to minimize the damage it can cause to your teeth and gums. Once the roots are exposed the damage to the underlying structure accelerates. If left untreated this condition could cause the loss of the affected teeth. Your doctor will work with you to develop a treatment plan that best suits your unique needs.