

Gingival recession

A. Introduction

Gingival recession is a problem affecting almost all middle and older aged to some degree. Gingival recession is the apical migration of gingival margin to the cementoenamel junction (CEJ). The distance between the CEJ and gingival margin gives the level of recession. Gingival recession can be caused by periodontal disease, accumulations, inflammation, improper flossing, aggressive tooth brushing, incorrect occlusal relationships, and dominant roots. These can appear as localized or generalized gingival recession. Recession can occur with or without loss of attached tissue. Gingival recession may effect in accentuated sensitivity because of the exposed dentin, it can be assessed by an appearance of a long clinical tooth and varied proportion of the teeth when compared with adjacent teeth.



B. Etiology:

1. Age
2. Faulty tooth brushing technique
3. Tooth malposition
4. Gingival inflammation
5. Abnormal frenal attachment
6. Trauma from occlusion
7. Masochistic habits

C. Treatment

The aim of the treatment for gingival recession should be to address the patient's concerns of sensitivity and/or aesthetics. The treatment options available include:

1. Monitoring and prevention

2. Use of desensitising agents, varnishes and dentine bonding agents

3. Composite restoration

4. Pink porcelain or composite



5. Removable gingival veneers



6. Orthodontics

7. Surgery.

D. References

1. <https://www.hindawi.com/journals/crid/2012/563421/>

2. <https://www.slideshare.net/PARTHMPMT/gingival-recession>

3. <https://www.nature.com/articles/sj.bdj.2011.764>