

## What Is Recession?

Gum recession can be noticed as dark tooth areas at the gumline or the gums dipping away from the tooth. Recession occurs when the gum tissue surrounding the teeth pulls back exposing some of the tooth or the tooth's root, which is that dark tooth area mentioned. During this time, pockets form between the teeth and gum line, which makes it easy for bacteria to build up. When this is left untreated, the supporting tissue and bone structures of the teeth can be damaged, which can lead to tooth loss.

While this is a common problem, many people don't even know they have it. The first sign is generally tooth sensitivity. Some people notice a notch near their gumline. Ultimately, this isn't something that should be ignored. It can be caused by a history of tooth movement (braces or tooth shifting), aggressive brushing, or an issue with your bite (clenching or grinding, or a misalignment of your bite).

It is important to determine the cause of the recession to be able to decide how it should be treated. Though the sensitivity or dark coloring can be addressed with various options, it is important to remove the source cause of the recession or it will continue or recur. A thorough exam and discussion with your dental team will allow you to successfully address any recession issues you may be having.



*If you have any further questions, feel free to contact the office via email or phone call and we'll be happy to provide you with additional guidance or recommendations.*