What Causes Receding Gums? [1]

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Gingival recession, more commonly known as receding gums, is often age-related. In fact, the National Institutes of Health suggests nearly 90% of people over the age of 65 have at least one section of gingival recession along their gum line. Unfortunately, age is also a risk factor for other oral health issues that may result in tooth loss, making even the slightest recession something to be aware of. Pockets formed by receding gums make bacterial gum infection much more likely and may require advanced cleaning techniques [2] to keep clean.

Gum disease [3] is another leading cause of gum recession. When gums pull away from tooth roots, gum disease has already started to progress, which may require more advanced treatment. If periodontal infection is the cause of your gingival recession, our Aurora dentists may recommend scaling and root planing or another advanced periodontal treatment [4] option to help manage the infection and guard against further recession. The right treatment for you can be determined during your treatment consultation.

In addition to aging and gum disease, aggressive tooth brushing or inadequate tooth brushing can contribute to gum recession. To combat both of these issues it is best to brush your teeth with a soft bristled toothbrush after every meal and snack. If more or less frequent brushing is needed in your case, our dentists will help you determine the best method during your next visit.

If gum recession has already started, we can also discuss gum grafting [5] with you during your visit. This safe and effective procedure uses tissue harvested from a discrete area of the mouth to rebuild, strengthen, and protect the gums. We will suggest this option as appropriate during your routine visits and would be happy to meet with you just to discuss grafting if you are concerned about your current level of recession but are not scheduled for a cleaning in the near future.
If you are experiencing gum recession, please contact Aspenwood Dental Associates [6] today. Located in Aurora, our dentists serve Metro Denver and all surrounding communities.

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2900 S. Peoria St., Unit C | Aurora, Colorado, 80014

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