

## Masking of receded gums

These work by masking the receding gums and/or the gaps so that they are less obvious when you smile and include:

- Gingival veneers (false gums!)



- Tooth coloured fillings between the teeth

*Did you know...*

Receding gums and gaps between teeth are common

They may be a sign of active disease or a consequence of treatment for gum disease

They can be a real concern for some people

There are options available to manage them

## Who are we?

**The British Society of Periodontology and Implant Dentistry was founded in 1949:**

*"...to promote for the general health, wellbeing and knowledge of the public, the art and science of dentistry and in particular the art and science of periodontology and dental implantology and in furtherance thereof to advance all aspects of periodontology and dental implantology and to promote improvements in the teaching of the same."*

# Receding gums & gaps



*Know your options*



## Healthy gums?

**Our gums cover the bone which surrounds and supports our teeth. Unhealthy gums cause the tight cuff around our teeth to loosen, leading to bone loss, resulting in movement and discomfort. Trauma can also cause the gums to shrink back and expose the root**

### What should healthy gums look like?

- Depending on patient ethnicity, soft pink to black
- Firmly attached to the teeth
- Form a scalloped outline around the teeth
- Should not bleed on cleaning or when professionally probed



### Gum disease

Gum disease may cause the gums to:

- Become red
- Become swollen
- Bleed on cleaning or when professionally probed

### Receding gums

Our gums can recede (shrink) for several reasons:

- Gum disease
- Following successful treatment for gum disease
- From incorrect tooth cleaning e.g. too firmly
- Following orthodontic braces treatment

### Gaps between teeth

As well as the above reasons, gaps may be present due to:

- Tooth loss
- Tooth drifting, and tilting
- Natural tooth spacing



### What are my treatment options?

Gum diseases must be treated before any procedures to replace or mask the receded gums

- Stabilisation of gum health
- Regular gum maintenance with a dentist and/or hygienist
- Once the gums are healthy, the gaps can be disguised with white fillings or pink false gums

**Receding gums are responsible for about 70% of adult tooth loss.**

### Replacement of receded gum tissue

In some instances, the lost gum tissue can be replaced using soft tissue grafting.

- Hard tissue grafting
- Soft tissue grafting:

#### Soft tissue graft:

A dentist takes a small piece of gum tissue from elsewhere in the mouth and uses it to cover the exposed tooth roots.



**1.** A local anaesthetic is applied to the grafting site

**2.** The existing gum tissue is loosened to allow room for graft



**3.** Grafting material is placed under the gum at the site and stabilised with a protective covering

**4.** The area is sutured – stitches either dissolve or will be removed by your dentist

For more information about receding gums or tooth gaps visit: [bsperio.org.uk/patients](http://bsperio.org.uk/patients)