

---

# GUIDELINES FOR PREVENTION OF GINGIVAL RECESSIONS AND NON-CARIOUS CERVICAL LESIONS AS A CONSEQUENCE OF TRAUMATIC TOOTHBRUSHING

---

## GUIDANCE FOR DENTIST AND DENTAL HYGIENIST

These guidelines are the product of the XI European Workshop in Periodontology (the 'Prevention Workshop'), which took place in November 2014 in La Granja de San Ildefonso (Segovia), Spain. For further information, please see the Prevention Workshop website ([prevention.efp.org](http://prevention.efp.org)). The full proceedings of the workshop were published in April 2015 in the Journal of Clinical Periodontology and can be downloaded (in pdf format) free of charge from: <http://onlinelibrary.wiley.com/doi/10.1111/jcpe.2015.42.issue-S16/issuetoc>. In addition, a podcast is available for viewing (at <http://efp.stream-congress.com>) in which the four co-chairmen of the Prevention Workshop discuss its conclusions and guidelines.

# GUIDELINES FOR PREVENTION OF GINGIVAL RECESSIONS AND NON-CARIOUS CERVICAL LESIONS AS A CONSEQUENCE OF TRAUMATIC TOOTHBRUSHING

## GUIDANCE FOR DENTIST AND DENTAL HYGIENIST

**TRAUMATIC TOOTHBRUSHING IS ANY FORM OF TOOTHBRUSH USE THAT RESULTS IN DAMAGE TO THE PERIODONTAL OR DENTAL TISSUES. GINGIVAL RECESSION IS THE APICAL MIGRATION OF THE GINGIVAL MARGIN BELOW THE CEMENTO-ENAMEL JUNCTION EXPOSING THE ROOT SURFACE. A NON-CARIOUS CERVICAL LESION (NCCL) IS A LOSS OF HARD TISSUE FROM THE CERVICAL REGION OF A TOOTH THAT IS NOT RELATED TO CARIES.**

There is currently no direct evidence to confirm toothbrushing as the sole factor causing gingival recession or NCCLs, though it is recognised that this may occur, since the observation that toothbrushing has contributed to the development of gingival recession or NCCLs is usually made after the diagnosis. There are no epidemiological studies that have evaluated whether there are differences between users of manual versus powered toothbrushes in relation to the development or progression of gingival recession or NCCLs. There is currently no evidence from intervention studies regarding the impact of manual versus powered toothbrushes on the development or progression of NCCLs.

## RECOMMENDATIONS

- Gingival recession can result in compromised aesthetics, dentine hypersensitivity, plaque accumulation and development of caries and/or NCCLs, endodontic complications, gingival inflammation and periodontal attachment loss.
- NCCLs can result in compromised aesthetics, dentine hypersensitivity, plaque accumulation and subsequent gingival inflammation, development of caries, endodontic complications and increased risk of tooth fracture.
- It is recommended to instruct and motivate patients in the performance of appropriate toothbrushing techniques, toothbrushing frequency and toothbrush design, which should be tailored to accommodate local and patient-related factors.