Management of Recession

Is recession a problem?

Risks of leaving

- Further progression
- Loss of protective gum tissue
- Sensitivity
- Wear of root surfaces
- Aesthetics – ‘long in the tooth’
- Sore / difficulty brushing

Progression

Loss of protective gum tissue

Wear of root surfaces

Do we need to treat it?

- **Is it progressing?**
- **Are you experiencing sensitivity?**
- **Are you struggling to brush effectively ?**
- **Does it show when you smile?**

Options for management

1. No treatment
2. Monitor and conservative management
3. Composite bonding
4. Mucogingival surgery (gum grafts)
   - (Or a combination of 3 and 4)

Monitoring recession

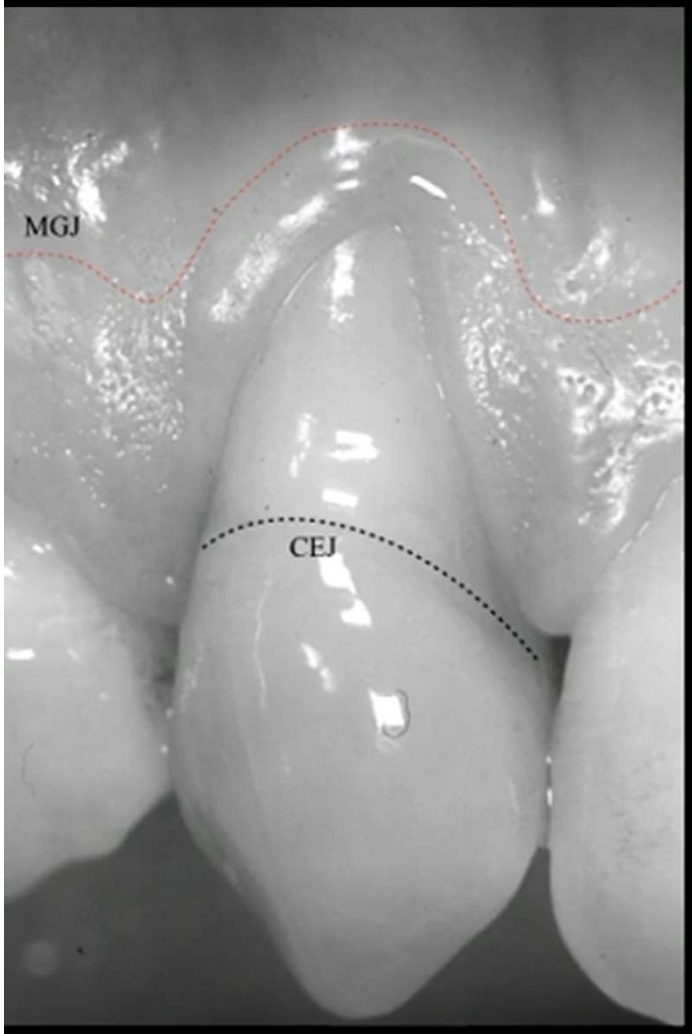
Measurements
Photos

3D models

Coverage of recession

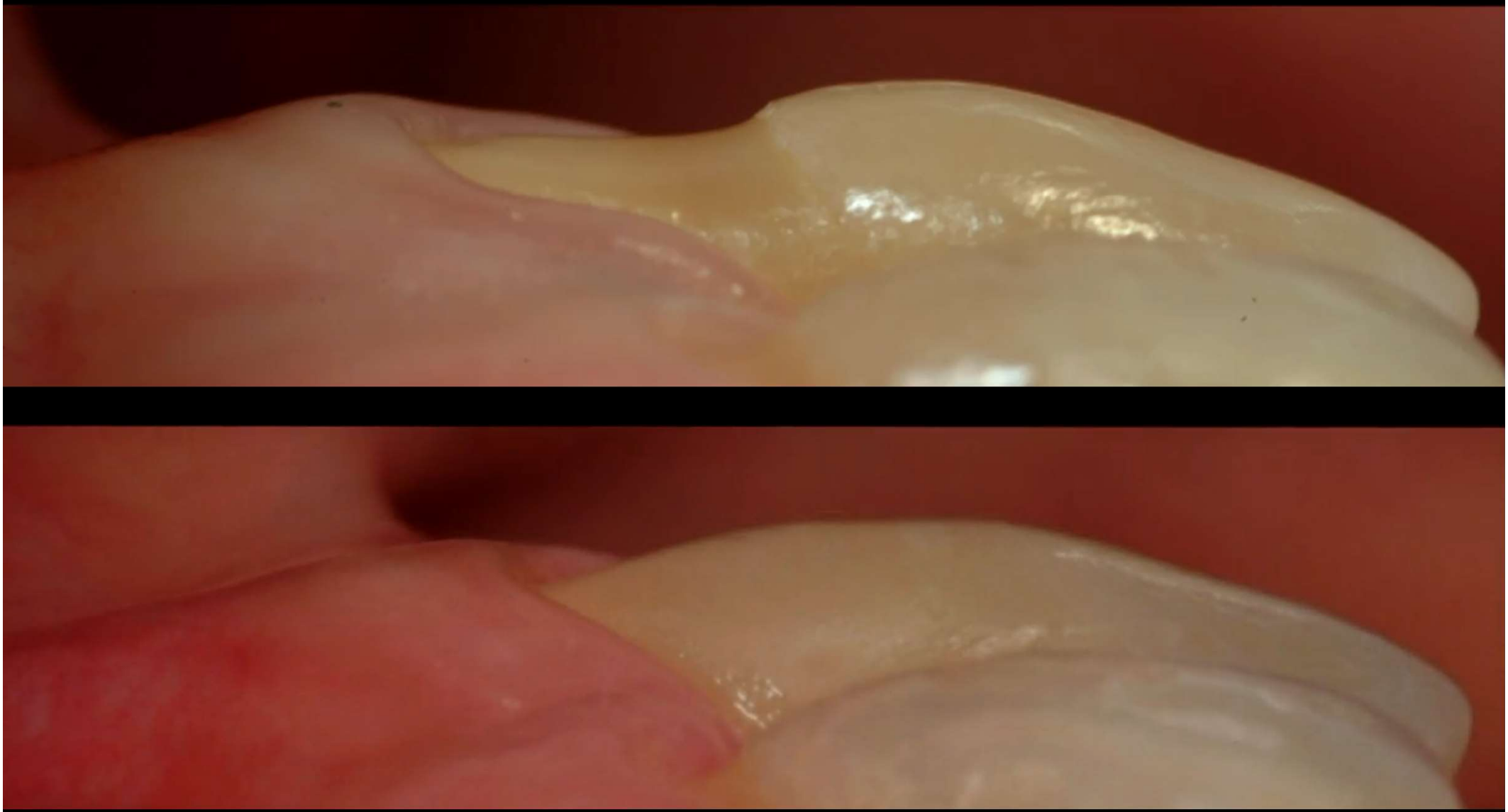
Coverage of recession

Partial coverage



Partial Coverage and filling

Partial Coverage and filling



Treatment of recession

- Involves ‘Mucogingval Surgery’
- Minimally invasive techniques
- Gum grafts are often used as part of treatment

Coverage of recession

Covering gum recession

Success rates

- Full coverage of gum recession - 80% of cases
- Most cases - 70-80% of gum covered

- Depends on several factors including severity of recession, position of tooth, the amount and thickness of remaining gum tissue.

- Full coverage cannot be achieved if there is already some gum recession between the teeth

Covering gum recession

Aims and benefits, risks

- Aims & benefits - to cover as much gum recession and thicken gum tissue, improve aesthetics, reduce the risk of further recession, allow better oral hygiene in the area
- Risks - partial coverage, short term sensitivity, altered or loss of sensation (temporary/permanent, rare)

Covering gum recession

Usual treatment steps

- Tooth coloured fillings first or after (if required)
- Local Anaesthetic
- Lifting gum over areas of recession / tunnelling
- Gum graft to thicken tissues
  - From palate
  - Or using other types of graft materials - xenografts
- Small stitches removed 2-4 weeks later
- After care for first 2-6 weeks very important
- Reviews @ 2 weeks – 6 weeks – 3 months later
- One area / arch at a time ideally

Free Gingival Graft

Free Gingival Grafts

Aims

1. Increases thickness of gum tissue
2. Improve access for oral hygiene
3. Make oral hygiene more comfortable
4. Reduce risk of further recession
5. Reduce sensitivity
6. Partial coverage only

Free Gingival Graft

Costs

Costs

- Each estimate is individual and based on severity, number of teeth, biomaterials required

- Free gingival grafts - £750-850
- Covering gum recession (1-2 teeth) - £850
- Covering multiple areas - £1350-1850 per area

Finance options available

We hope that this information has been helpful to you

Thank you

Please contact us if you have any questions or wish to progress with any treatment