



**CEPI**

Center of Endodontics, Periodontics & Implantology, LLC

### How does aggressive or improper brushing affect my gums?

An improper or aggressive brushing technique may create an inflammatory response capable of initiating soft tissue recession. The most common cause of recession is due to self-inflicted trauma. In some instances, the outline of recession defects is indicative of the patient's dominant hand. Patients with an excellent level of plaque control often display increased soft tissue recession on the opposite side of the mouth as the dominant hand due to a heavier application of forces and/or improper brushing technique.

Loss of gum tissue is usually noted more frequently in the canine and premolar regions. These teeth are positioned more facially in the arch and display a convexity (roundness) which is easily abraded by an aggressive stroke of the toothbrush. In addition, these teeth may be brushed twice; once with the anterior (front) teeth and once with the posterior (back) teeth.

*Fatima Robertson, DDS, PA*

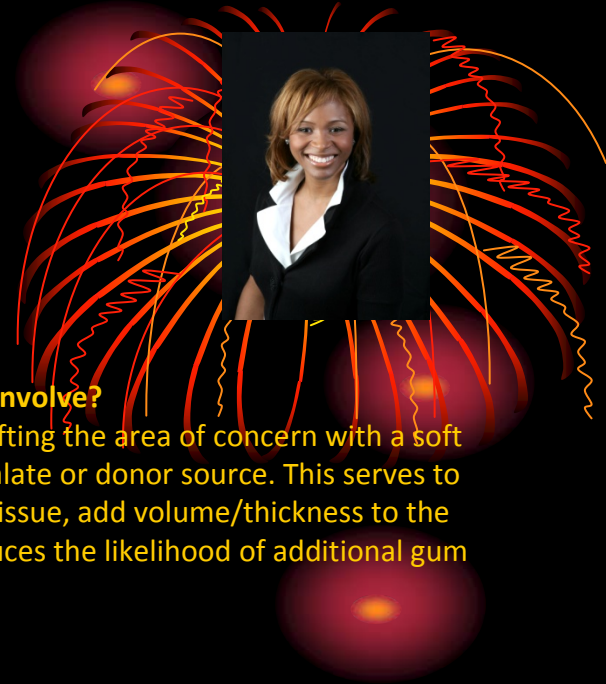
*915 West Exchange Pkwy, Ste. 280 Allen, TX 75013*

*214-509-9011/469-519-0124 fax*

*dr.robertson@cepi-allen.com*

*[www.cepi-allen.com](http://www.cepi-allen.com)*

*Diplomate, American Board of Periodontology*



### What does treatment involve?

Treatment involves grafting the area of concern with a soft tissue graft from the palate or donor source. This serves to increase the attached tissue, add volume/thickness to the existing tissue and reduces the likelihood of additional gum recession.



*Laying the Framework for a Beautiful, Healthy Smile...*