My gums seem to be pulling back from my teeth. Is that normal, what can I do?

There are many reasons that gum recession may occur, and some are more serious than others. First, please make sure you see a dentist immediately upon noticing gum decay or recession as the sooner such things are treated, the easier and more successful the treatment will be.

Gum recession can occur due to disease, decay, clenching or grinding of teeth, tobacco or drug use, poor dental care, advanced age, tooth loss or even genetics. Upon checking your teeth, a dentist would be able to diagnose the cause.

Treatment of gum recession can be as simple as a thorough cleaning and changing of habits, or as complicated as surgery and gum grafting. The more advanced the recession, the more treatment that has to take place. Again, this is the reason I encourage you to schedule an appointment immediately to take steps to rectify the situation. The good news is, it is a treatable condition, and patients see great results with proper care.

To schedule an appointment, or for more information, contact your local dental office.