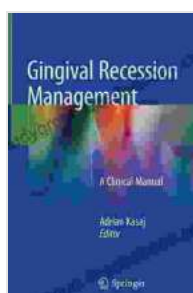


The Clinical Manual for Gingival Recession Management: A Comprehensive Guide for Dental Professionals

Gingival recession is a common condition that affects millions of people worldwide. It is characterized by the exposure of the tooth root due to the loss of gingival tissue and bone. Gingival recession can be caused by a variety of factors, including periodontal disease, trauma, and incorrect brushing techniques.



Gingival Recession Management: A Clinical Manual

by Evenson Dufour

★★★★☆ 4 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 166 pages



Left untreated, gingival recession can lead to a number of problems, including:

* Tooth sensitivity * Root caries * Periodontal disease * Esthetic concerns

The clinical management of gingival recession is a complex and challenging process. This clinical manual provides dental professionals with an in-depth understanding of gingival recession management, including

etiology, diagnosis, treatment planning, and surgical and non-surgical treatment options.

Etiology of Gingival Recession

Gingival recession is caused by a variety of factors, including:

* **Periodontal disease:** Periodontal disease is the most common cause of gingival recession. It is a chronic inflammatory disease that affects the gums and bone that support the teeth. Periodontal disease can lead to the destruction of the gingival tissue and bone, which can result in gingival recession. * **Trauma:** Trauma to the gingiva can also cause gingival recession. This can occur as a result of an injury to the mouth, such as a fall or a blow to the face. Trauma can also occur as a result of aggressive tooth brushing or flossing. * **Incorrect brushing techniques:** Incorrect brushing techniques can also cause gingival recession. Brushing too hard or using a toothbrush with stiff bristles can damage the gingival tissue and lead to gingival recession.

Diagnosis of Gingival Recession

The diagnosis of gingival recession is based on a clinical examination of the mouth. The dentist will look for the following signs of gingival recession:

* Exposed tooth root * Loss of gingival tissue * Recession of the gingival margin * Bleeding or inflammation of the gingiva

The dentist may also take X-rays to assess the extent of the gingival recession and to rule out any other underlying conditions.

Treatment Planning for Gingival Recession

The treatment plan for gingival recession will vary depending on the severity of the condition and the underlying cause. The dentist will consider the following factors when developing a treatment plan:

- * The extent of the gingival recession
- * The location of the gingival recession
- * The underlying cause of the gingival recession
- * The patient's overall health

The dentist may recommend one or more of the following treatment options:

- * **Non-surgical treatment:** Non-surgical treatment options for gingival recession include scaling and root planing, antibiotic therapy, and occlusal adjustment.
- * **Surgical treatment:** Surgical treatment options for gingival recession include flap surgery, guided tissue regeneration, and bone grafting.

Non-Surgical Treatment for Gingival Recession

Non-surgical treatment options for gingival recession include:

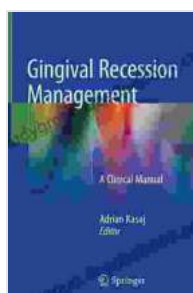
- * **Scaling and root planing:** Scaling and root planing is a deep cleaning procedure that removes plaque and calculus from the teeth and roots. This can help to reduce inflammation and promote healing of the gingiva.
- * **Antibiotic therapy:** Antibiotic therapy may be used to treat gingival recession that is caused by bacteria.
- * **Occlusal adjustment:** Occlusal adjustment involves 調整咬合) smoothing out the teeth to correct 咬合不正) an uneven bite. This can help to reduce the forces on the teeth and prevent further gingival recession.

Surgical Treatment for Gingival Recession

Surgical treatment options for gingival recession include:

* **Flap surgery:** Flap surgery involves lifting back the gingival tissue to expose the tooth root. The dentist will then clean the root and place a graft material to cover the exposed root. This can help to protect the root from further damage and promote healing of the gingiva. * **Guided tissue regeneration:** Guided tissue regeneration (GTR) is a surgical technique that uses a membrane to block out the growth of gingival tissue and promote the growth of bone. This can help to regenerate the lost bone and tissue around the tooth root. * **Bone grafting:** Bone grafting is a surgical technique that involves placing bone material around the tooth root. This can help to regenerate the lost bone and support the gingiva.

Gingival recession is a common condition that can have a number of negative consequences for oral health. However, with proper treatment, gingival recession can be successfully managed and prevented from progressing. This clinical manual provides dental professionals with the knowledge and skills necessary to effectively manage gingival recession and improve patient outcomes.



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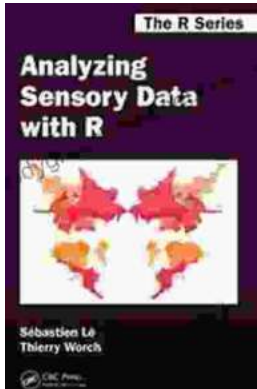
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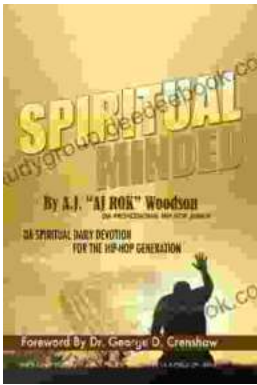
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