

HOW CAN I AVOID GUM RECESSION?



Gum recession can happen to anyone at any age, and can even affect those who have great dental hygiene. Gum recession is when your gums recede or pull away from your teeth, leaving the root of the tooth exposed. As the root surface does not have a hard enamel covering like the crown, it can become very sensitive to hot and cold temperatures, and is at a higher risk of decaying.

There are many different reasons for how we can get gum recession, including smoking, gum disease, brushing your teeth too hard, thin or weak gums from birth and having partial dentures that are ill fitted.

With gum recession becoming much more common, Dentists Near Me www.dentists-near-me.co.uk, the app that helps you book dental treatments at a clinic nearest you, have come up with five ways that can help you avoid gum recession.

1. Switch from hard toothbrushes to the ultrasoft ones. Though we may prefer the feeling of a hard toothbrush, it can be damaging to our teeth and gums.
2. Avoid putting that pen in your mouth when you're thinking. In fact, putting any foreign objects in your mouth can help contribute towards gum recession.
3. Arrange regular check ups with your dentist, and have them deep cleaned every three months if possible.
4. Though flossing is recommended for good oral hygiene, taking a break from flossing every now and then can help avoid gum recession.
5. Try not to eat or drink anything for a couple of hours after your lunch break, and stick to drinking juices, teas and acidic drinks at meal times only. Acidic drinks can speed up gum recession.

With Dentists Near Me, you can find your nearest NHS or private dental clinic, read reviews and receive service and price comparisons for a range of general, cosmetic and specialist treatments before booking the appointment.

So whether your looking for teeth whitening or an emergency dentist, Dentists Near Me is the app making your oral hygiene care the easiest it's ever been.

