**Receding Gums LANAP**

It's fairly common to go to the dentist because you want to take care of your teeth, but what about your gums? Too many people tend to forget about gum health, and that can lead to a lot of trouble. For example, you might experience a lot of bleeding when you bite into things or when you brush your teeth. Your gums could also become inflamed or change colors. Bloody gums can also go hand-in-hand with a receding gum line.

**Why Do Gums Recede?**

Gum recession, which is also known as gingival recession, can be caused by a number of things. The natural aging process can cause your gum to recede a little bit because of your daily routine over time, but some people are more prone to receding gums than others. You might be genetically predisposed to having unhealthy gums, you might have a bad habit of grinding your teeth, or you might just have teeth that are missing or out of alignment, which can cause recession to occur over time.

**What Are the Signs of Pocket Periodontitis?**

Periodontal Disease, specifically Pocket Periodontitis, can also make your gums recede. That happens when a pocket starts to form under one or more of your teeth. Food and bacteria can get trapped in that pocket, leading to discoloration or bleeding, and eventually receding gums.

**What Problems Can Swollen Gums or Receding Gums Cause?**

There are a lot of problems that can pop up when your gums are receding or otherwise irritated. As mentioned already, bleeding is one of them. Also, you might eventually develop white gums or black gums if the problem progresses far enough. Bad breath and a higher risk of infection can be issues as well, especially since the roots of your teeth aren't meant to be exposed to the outside world.

Another huge problem is that your gums help to hold your teeth in the proper place. If the gums lose strength and start to recede, your teeth can become loose. They might be just loose enough to shift slightly and cause discomfort, or you could actually wind up losing some teeth entirely.

**Can Receding Gums Grow Back?**

If you have a mild case of receding gums, it is possible to correct it with proper oral hygiene over time, but if your case is more severe you should get professional assistance. Here at Roos Dental we can help you using LANAP and other treatment methods, including using dental implants to replace missing teeth and prevent further gum loss.

**What is LANAP?**

LANAP stands for “Laser-Assisted New Attachment Procedure,” and it is a form of oral surgery. Our certified team can perform the surgery, which involves pointing a laser at the affected tooth pocket (or pockets). The laser can zap away debris and bacteria, allowing the connective tissue underneath to start healing itself more efficiently.

If you are interested in LANAP or any other procedures to strengthen your gums, Roos Dental is here to assist you. Just give us a call to schedule a consultation. Let us help you to reverse your receding gums and keep your entire mouth healthy.