

## Recession- A Common Periodontal Pathology

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The prime role of any periodontal therapy is to maintain periodontal health and to restore the tissues which may have been lost due to the periodontal disease. Among them, gingival recession poses a great challenge due to its functional and esthetics aspects and pathology associated with it causes extensive bone loss and tooth mortality. Common etiology of gingival recession includes mainly trauma, inflammation, some para functional activities like nail biting and certain abnormal habits like tooth picking. This problem often creates hypersensitivity and root caries which is sometimes unbearable. The choice of the surgical protocol to treat this periodontal problem depends upon various factors like the type and size of defect, width of remaining attached gingiva and crestal bone height. Several Recession protocols have been devised for the treatment of gingival recession which can be further classified as pedicle soft tissue graft procedures (advanced or rotational) or free soft tissue graft procedures (namely epithelialized graft or sub epithelial connective tissue graft). Besides these procedures, treatment options like guided tissue regeneration (GTR) and alloderm have also been used to obtain complete elimination of recession. Type I and Type II recession defects are easily treated with good results. Hence, there is need to have recession treated at early stage.

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