Reduction of gingival recessions by orthodontic treatment

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THE QUESTION: Can orthodontics reduce gingival recession by root movement towards the centre of the alveolar bone?

SUBJECTS: Nine consecutive patients mean age 33y (22-61y) with gingival recession relative to a lower incisor and the root displaced outside the alveolar envelope.

METHOD*: A force system generating root torque without side-effect on adjacent teeth was obtained by a torque arch inserted into the bracket of the displaced tooth and hooked onto a base arch that controlled the vertical position of the incisor and the arch perimeter.

RESULTS:
- Recession depth: decreased 25% (14-38%)
- Recession width: decreased 41% (27-67%)
- Recession area: decreased 60% (36-93%)

CONCLUSION & CLINICAL IMPLICATION:
- Torque of incisor roots towards the centre of the alveolar envelope consistently reduced gingival recessions.
- Orthodontics can improve the prognosis of muco-gingival grafting procedures.