

RECEDING GUM OBSERVATION & ROOT-PROTECTION TRACKER

Record changes you notice and bring this page to your dentist. This tracker cannot determine the cause of recession.

Name: _____ Dates observed: _____

1. Where Have I Noticed a Change?

Mark one or more areas and add a short note. "Left" and "right" refer to your own mouth.

Upper left back	Upper left front	Upper center front	Upper right front	Upper right back
☐	☐	☐	☐	☐
Lower left back	Lower left front	Lower center front	Lower right front	Lower right back
☐	☐	☐	☐	☐

Location/details: _____

2. Changes and Sensitivity

What I noticed	First noticed	Stable	Changing	Where / notes
Tooth looks longer / gumline changed		☐	☐	
Sensitivity to cold, heat, sweets, or air		☐	☐	
Tenderness or discomfort when brushing		☐	☐	
Bleeding, redness, or swelling		☐	☐	
New notch, rough spot, or discoloration		☐	☐	
Food catching / space looks larger		☐	☐	

3. Current Care and Possible Contributing Factors

Toothbrush: ☐ Manual ☐ Powered Bristles: ☐ Soft ☐ Medium/hard ☐ Bristles flare quickly
☐ I may brush with heavy pressure ☐ I use fluoride toothpaste ☐ I use sensitivity toothpaste
☐ Dry mouth ☐ Clenching/grinding ☐ Tobacco use ☐ Previous orthodontic treatment
Products or other notes: _____

4. Questions for My Dentist or Periodontist

☐ Is the recession progressing? ☐ Is gum disease present? ☐ Is there bone loss?
☐ Am I brushing too aggressively? ☐ Are the roots at risk for cavities?
☐ Would sensitivity toothpaste or added fluoride help? ☐ Should I see a periodontist?
☐ Might bonding or gum grafting be appropriate? Other: _____

When to Arrange Prompt Care

Contact a dentist promptly for recession accompanied by frequent bleeding, pus, significant swelling, rapid gumline changes, severe sensitivity, a change in your bite, or a loose or shifting adult tooth. Seek urgent care if swelling affects breathing or swallowing.

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