

Visible signs of brushing too hard include **bleeding or receding gums, frayed toothbrush bristles, and increased tooth sensitivity**. You may also notice red, swollen gums, or a yellowing of your teeth as the protective enamel wears away. [1, 2, 3, 4, 5]

Signs on your gums

- **Bleeding gums:** Healthy gums don't bleed when you brush or floss. If you see pink in the sink or blood after brushing, it's a sign of irritation or damage to the gum tissue.
- **Receding gums:** You may notice your teeth look longer, or the gum line appears to be pulling away from your teeth.
- **Red or swollen gums:** Inflammation of the gums is a common side effect of aggressive brushing. [1, 2, 3, 4, 6, 7]

Signs on your teeth and toothbrush

- **Frayed toothbrush bristles:** If your toothbrush bristles are splayed or flattened after only a few weeks, you are applying too much pressure. A toothbrush should ideally last for about three months.
- **Increased tooth sensitivity:** Brushing too hard can wear down enamel, exposing the softer dentin underneath, which is sensitive to hot, cold, or sweet foods.
- **Yellowing teeth:** As enamel erodes, the naturally yellow dentin becomes more visible, making teeth appear dull or discolored.
- **Grooves at the gum line:** You may see notches or grooves worn into the tooth's surface near the gum line. [1, 2, 3, 5, 8, 9]

What to do

- Use a soft-bristled toothbrush and a gentle technique.
- Consider an electric toothbrush with a pressure sensor.
- Consult your dentist to confirm if overbrushing is the cause of your symptoms and for advice on proper technique. [8, 10]

AI responses may include mistakes.

- [1] <https://columbiasc.dental/the-impact-of-brushing-too-hard-on-your-gums-29204-dentist/>
[2] <https://blueplumdental.com/blog/brushing-too-hard/>
[3] <https://www.flueggedental.com/post/am-i-overbrushing>
[4] <https://www.strahlerdentalpartners.com/post/are-you-brushing-too-hard-the-hidden-cause-of-gum-recession>
[5] <https://www.beverlyrosedmd.com/blog/2020/11/24/brushing-too-hard-dentist-in-melbourne/>
[6] <https://mcilwaindentistry.com/2024/04/10/what-brushing-too-hard-can-do-to-your-teeth/>
[7] <https://www.advancedindiana.com/dental-health/5-key-signs-youre-brushing-too-hard>
[8] <https://dentalartshuntley.com/signs-of-brushing-too-hard-what-to-look-for/>
[9] <https://www.dentalpartnersofboston.com/remind-brush-hard/>
[10] <https://arboretumdentist.com/signs-of-brushing-too-hard-what-to-look-for/>