

Gingivitis

Gingivitis is an infection that is an early sign of gum disease. It occurs when plaque builds up between the teeth and gums. Plaque is a layer that sticks to your teeth from food, germs and mucus. Over time this build up can lead to infection of the gums.

The gums often do not hurt with gingivitis, but treatment is very important. Gingivitis is more common in people who do not brush or floss their teeth often. If it is not treated, the infection will happen again and may cause serious gum disease or tooth loss.

Signs

- Red and swollen gums
- Gums that bleed easily when you brush or floss
- Gums that are tender when touched
- Receding gums

Your Care

See your dentist if you have any signs. Your dentist will clean and remove plaque from your teeth.

To prevent gingivitis, brush and floss your teeth at least two times each day to remove plaque before it builds up. See your dentist every 6 months to have your teeth checked and cleaned.

Talk to your dentist, doctor or nurse if you have any questions or concerns.

2005 – 2/2010 Health Information Translations

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