

# 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.

# Gingivite

La gingivite est une infection constituant un signe précoce de maladie des gencives. Elle survient lorsque de la plaque dentaire apparaît entre les dents et les gencives. La plaque dentaire est une couche qui adhère à vos dents et qui se forme à partir de la nourriture, des germes et du mucus. Avec le temps, cette accumulation peut provoquer une infection des gencives.

Les gencives ne font généralement pas mal lors d'une gingivite, mais le traitement est très important. La gingivite est plus fréquente chez les individus qui ne se brossent pas souvent les dents ou qui n'utilisent pas souvent de fil dentaire. Si elle n'est pas traitée, l'infection surviendra à nouveau et pourra provoquer une grave maladie des gencives ou une perte des dents.

## Signes

- Gencives rouges et gonflées
- Gencives qui saignent facilement lorsque vous vous brossez les dents ou que vous utilisez du fil dentaire
- Gencives sensibles au toucher
- Gencives qui se rétractent

## Votre traitement

Consultez votre dentiste si vous présentez des signes. Votre dentiste nettoiera et retirera la plaque dentaire de vos dents.

Pour prévenir la gingivite, brossez-vous les dents et utilisez du fil dentaire au moins deux fois par jour pour retirer la plaque avant que celle-ci ne s'accumule. Consultez votre dentiste tous les 6 mois pour contrôler l'état de vos dents et les faire nettoyer.

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

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**Parlez à votre dentiste, votre médecin ou votre infirmière si vous avez des questions ou des inquiétudes.**

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Gingivitis. French.