

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.

歯肉炎

歯肉炎は歯周病の初期に現れる症状で、感染症の一種です。歯と歯ぐきの上に歯垢がたまることによって起こります。歯垢とは、食べ物や細菌、粘液が歯にこびりついて層になったものです。歯垢が長期にわたって蓄積されると、歯ぐきの感染症が起こることがあります。

歯肉炎によって歯ぐきに痛みを感じることはありませんが、治療は非常に重要です。歯肉炎は歯磨きやデンタルフロスでこまめに歯を掃除してきれいに保っていない場合によく起こる病気です。治療をしないと、感染症を繰り返して、深刻な歯周病になったり、歯をなくしたりすることもあります。

兆候

- 歯ぐきの赤みや腫れ
- 軽く歯磨きやフロスをするだけで歯ぐきから出血する
- 歯ぐきに触れると痛みを感じる
- 歯ぐきが下がっている

処置

いずれかの症状が出た場合は、歯科医の診察を受けてください。歯垢を除去してくれるでしょう。

歯肉炎を予防するには、1日に2回は歯をみがき、デンタルフロスで掃除して歯垢がたまる前に歯をきれいにしましょう。半年に1度は歯科医の定期診察を受けて、歯のチェックと掃除をしてもらいましょう。

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

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質問や不安があれば、かかりつけの歯科医、主治医または看護師
にご相談ください。

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Gingivitis. Japanese.