

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.

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증상

- 잇몸이 빨갛게 되거나 붓는다
- 칫솔이나 치실을 사용할 때 잇몸에서 쉽게 피가 난다
- 잇몸을 만지면 아프다
- 잇몸이 내려앉는다

관리 방법

이런 증상이 있으면 치과 의사를 만나 보십시오. 치과 의사는 치아를 세척하고 치석을 제거할 것입니다.

치은염을 예방하려면 치아를 하루에 최소한 2번 이상 칫솔과 치실로 관리하여 치석이 쌓이기 전에 제거해야 합니다. 6개월마다 치과를 방문하여 검사를 받고 세척하십시오.

질문이나 걱정이 있으면 치과 의사, 의사, 또는 간호사와 상담하십시오.

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Gingivitis. Korean.