

Fast Facts

Gingivitis

- When the gum at the base of your teeth (gingiva) becomes irritated, red and swollen
 - Mildest form of gum (periodontal) disease
 - Most often caused by poor oral hygiene
- When oral hygiene isn't good, it can lead to the buildup of plaque on your teeth. If the plaque isn't removed, it turns into tarter, which is a harden version of plaque and makes it more challenging to remove further plaque. The longer either of these remain on your teeth, the more irritated your gums become
 - Can lead to periodontitis and tooth lose if it's not treated

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Gums that are:</i></p> <ul style="list-style-type: none"> -Swollen -Dark red -Bleed when brushed and flossed -Receding -Tender -Bad breath 	<ul style="list-style-type: none"> -Need professional cleaning by dentist to remove tarter and plaque from teeth surfaces and beneath the gum line -Good oral hygiene habits at home -Fixing crooked teeth or poorly fitting dental devices 	<ul style="list-style-type: none"> -Brush teeth at least twice a day -Brush teeth after every meal and snack, if possible - Replace toothbrush when the bristles are worn (usually every 3 – 4 months) -Use soft bristle toothbrushes should be soft -Use an electric toothbrush -Floss at least once a day -Floss before brushing -Use a mouth rinse -Use a dental pick, interdental brush or dental stick as a supplement to good brushing and flossing -Eat healthy by limiting the amount of foods and drinks that you consume that are high in sugar -Don't smoke or chew tobacco -Get regularly cleanings every 6 - 12 months -Have X-rays done once a year

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