

Happy Smiles Club



John G Plummer & Associates Dental Surgeons

Gingivitis

What is Gingivitis?

Gingivitis is inflammation of the gums.

Inflamed gums may bleed when you clean your teeth. **Healthy gums DO NOT bleed.**



What causes Gingivitis?

A sticky film called plaque constantly forms on your teeth. If you don't clean properly, plaque will be left behind, especially between the teeth and along the gum line.



When plaque accumulates in these areas, it causes inflamed gums with redness and swelling.

Signs of Gingivitis

- Red and swollen gums

- Bleeding when brushing

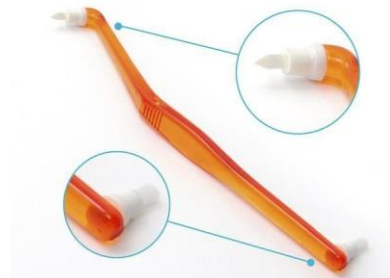
How can I manage this?

You can do a lot yourself to prevent and reverse periodontal disease through proper oral hygiene.

1. Brush your teeth **twice** a day for 2 minutes.
2. Once a day, also clean between the teeth using interdental brushes or dental floss.



3. A special toothbrush for cleaning hard-to-reach areas (single tufted toothbrush pictured) may also be needed.



4. Ask your dentist or Oral Health Educator for advice and instruction.

If you suspect that you have gum inflammation, contact your dental professional.

Taking note of the advice that your dental practitioner offers is of utmost importance for a successful result, even after treatment is completed.

Regular check-ups in combination with your own home care are crucial to prevent the problems from returning.