

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.

Gingivitis

La gingivitis es una infección que constituye un síntoma temprano de enfermedad de las encías. Ocurre cuando se forma placa entre los dientes y las encías. La placa es una capa que se adhiere a los dientes producto del alimento, los gérmenes y las mucosidades. Con el tiempo, esta acumulación puede llevar a infección de las encías.

A menudo las encías no duelen con la gingivitis, pero el tratamiento es muy importante. La gingivitis es más común en personas que no se cepillan los dientes ni usan hilo dental a menudo. Si no se trata, la infección puede volver a ocurrir y ocasionar una enfermedad grave de las encías o pérdida de dientes.

Signos

- Encías rojas o hinchadas
- Encías que sangran fácilmente al cepillarlas o usar hilo dental
- Encías sensibles al tacto
- Recesión de encías

Cuidados

Consulte a su dentista si tiene algún síntoma. Su dentista le limpiará y eliminará la placa de los dientes.

Para prevenir la gingivitis, cepíllese los dientes y use hilo dental al menos dos veces al día para eliminar la placa antes de que ésta se acumule. Consulte a su dentista cada 6 meses para que le revise y limpie los dientes.

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

2005 – 2/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Hable con su dentista, médico o enfermera si tiene alguna pregunta o inquietud.

2005 – 2/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Gingivitis. Spanish.