

What Are The Main Causes Of Gingivitis?

Poor dental health and hygiene are the most obvious cause of gingivitis. It fosters plaque buildup on teeth, which inflames the tissues around the gums. How plaque can cause gingivitis is as follows:

- You develop plaque on your teeth. When the starches and sugars in food mix with the bacteria ordinarily present in your mouth, plaque, an invisible, sticky film primarily made of bacteria, forms on your teeth. They must remove plaque every day since it quickly reforms.
- Tartar is the result of plaque. The remaining plaque on your teeth has the potential to solidify into tartar (calculus), which gathers microorganisms. Tartar irritates the gumline, makes it more challenging to eliminate plaque, and acts as a barrier for germs.
- If they detect Inflamed gingiva (gingivitis). The gingiva, the area of your gum at the base of your teeth, becomes more irritated and inflamed the longer plaque and tartar are allowed to build up on your teeth. Your gums ultimately swell up and begin to bleed. Dental caries, or tooth erosion, could also happen.



How do they diagnose gingivitis?

Gingivitis is typically identified by [periodontitis Houston](#) dentists based on the following:

- Examine your dental and medical histories, as well as any illnesses that might be causing your symptoms.
- You should check your mouth, tongue, teeth, and gums for plaque and irritation.
- Placing a dental probe next to your tooth beneath your gum line, typically at numerous locations around your mouth, to measure the depth of the pocket in the groove between your gums and teeth.

- Dentists may take dental X-rays to look for bone loss in regions where the [emergency walk in dentist near me](#) observes greater pockets.
- Additional examinations will be necessary. Your dentist could advise getting a medical checkup to rule out any underlying medical concerns if the reason for your gingivitis is unclear. Your dentist could recommend a specialist for **Gum Disease Treatment** if the stage of your gum disease is advanced.

What does professional gingivitis treatment include?

Professional **Gingivitis Treatment** includes:



Professional cleaning of the teeth.

Scaling and root planing, a process used to remove plaque, tartar, and bacterial products, will be a part of your initial professional cleaning. It removes tartar and bacteria from tooth surfaces and the gum line during scaling. According to [gum disease treatment in Houston](#), root planing eliminates the bacterial byproducts of inflammation, smoothes the root surfaces to prevent future tartar and bacterial formation, and promotes healthy healing.

Dental restoration

Your gums may get irritated by misaligned teeth or poorly fitted crowns, bridges, or other dental restorations, making it more challenging to eliminate plaque from your teeth daily. Your **Houston uptown dentist** may advise addressing issues with your teeth or dental restorations if they are causing your gingivitis.

Ongoing treatment

After a thorough professional dental cleaning, gingivitis generally fades away if you maintain proper oral care at home. Your dentist at an [emergency dental clinic](#) will work with you to develop a home care regimen that works and a schedule for routine checkups and cleanings.

Conclusion

The above article details the causes and diagnosis of gum diseases and highlights the treatment options for gingivitis. For further helpful information, please visit thedentisthouston.com.

Article Source : <https://www.techsmarttips.com/what-are-the-main-causes-of-gingivitis/>