

INTRODUCTION TO GINGIVITIS: A GUM DISEASE

Gingivitis is a swelling or puffiness of the gums. It is mainly caused by a bacterial infection that needs to be treated at an early stage. According to the American Dental Association, it is one of the major causes of tooth loss in adults. It affects your health as well as the wallet.

Gums are attached at the lower points of your teeth because of which food and plaque get trapped in the space causing gingivitis. Plaque is a kind of thin film of bacteria that covers your teeth.



Symptoms of gingivitis

Gingivitis symptoms include the following:

- It turns your gums into bright red or purple in color.
- It makes your gums sensitive which is painful if touched.
- During brushing or flossing your gums will bleed.
- Increases halitosis or foul-smelling breath.
- Your gums get swollen.
- Loosen your teeth.

- It increases pus between teeth and gums.
- You may feel pain while chewing food.
- Your gums may get pulled away from your teeth.
- You may have partial dentures that will not fit for a longer duration.



Diagnosis

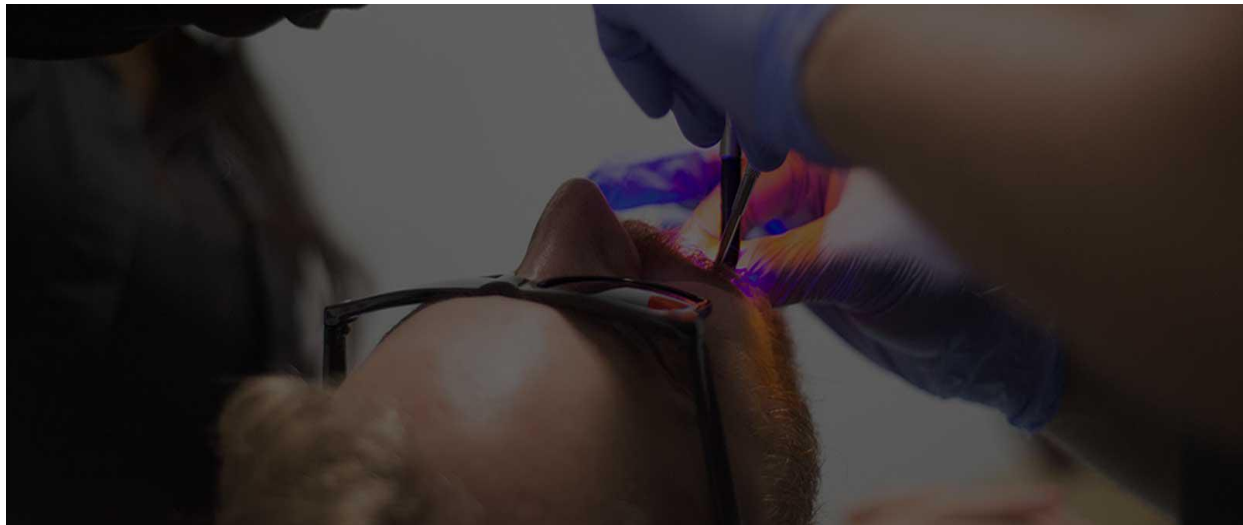
You will come across a dental exam in which the dentist will use a small ruler. It is a way to check for the swelling or inflammation of your gums. It is also used for measuring the pockets if any around your teeth. The dentist may also take X-rays to check if there is any bone loss because of gingivitis. You must talk to your dentist about the symptoms and problems that you have to diagnose for the gingivitis.

Treatment for Gingivitis

To treat gingivitis, you need to take proper oral hygiene. Deep cleaning of your teeth is done and also antibiotic medications are given. Sometimes surgery is also needed. If required dental veneer layer is also placed over your teeth which helps to protect the tooth surface from damage. You can search for top [dental veneers Houston](#) online to get the best and affordable treatment for gingivitis.

Prevention of Gingivitis

To **prevent gingivitis**, you must take proper and consistent oral hygiene. Clean your teeth twice a day with your toothbrush and fluoride toothpaste. Use an electric toothbrush to increase your cleaning potential ensuring that your toothbrush has extra-soft bristles. Change your toothbrush once every three months. You must use natural mouthwash. And visit your dentist on a regular basis.



How to clean your teeth?

You can use various techniques to clean your teeth without any surgery to remove plaque and tartar. Some of them are; scaling, which helps in removing tartar from above and below the gum line. You can use root planning to smoothen rough spots and remove plaque and tartar from the root surface. But both of these are painful and may bleed, however, you can use laser cleaning to remove tartar. It is lesser in pain and bleeding.

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