



# Gingivitis

**You can still avoid gum disease with proper treatment and good oral hygiene habits.**

## About

Gingivitis is an inflammation and infection of the gums. It is the initial stage of gum disease, also known as periodontitis.

## Causes

The direct cause of gingivitis is plaque: the soft, sticky, film of bacteria that forms on the exposed teeth and gums, which is a result from not brushing and flossing daily.

## Signs & Symptoms

The most common signs of gingivitis are: Bleeding gums, Sores in the mouth or if your gums are red, swollen and tender to touch.

## Treatment

We will examine your teeth and gums as well as clean your teeth using a process called scaling. We may use different tools to remove plaque and tartar from your teeth. Follow up visits may be required.

## Prevention

The best form of prevention is good oral hygiene habits including; twice daily brushing and once daily flossing. It is also important to continue having your teeth professionally cleaned twice a year.



**Paramount Dental Sydney**

**Dr Amrinder Oberoi**

Principal Dentist - BDS Hons. (NZ)

**Dr David Graham**

Dentist - LDS, RCS (Eng.), MSc (Lon.)

T (02) 9267 8540

F (02) 9267 5195

[www.paramountdentalsydney.com.au](http://www.paramountdentalsydney.com.au)

[hello@paramountdentalsydney.com.au](mailto:hello@paramountdentalsydney.com.au)