Gingivitis

You have an infection of the gums called gingivitis, or "trench mouth". Symptoms of gingivitis include swollen, soft, or tender gums; gums that bleed easily when brushing; changes in the color of your gums from pink to red; and bad breath. The most common cause of gingivitis is poor oral hygiene, so daily brushing and flossing of the teeth, as well as professional cleaning and regular visits to the dentist, are the best means of prevention.

The treatment for gingivitis includes professional cleaning and good oral hygiene. In more severe cases, antibiotics may be needed. Brush your teeth at least twice daily, floss once a day, use an antiseptic mouthwash daily and see your dentist regularly for professional cleanings and checkups. Gingivitis usually clears up within a few days to a couple of weeks.

SEE YOUR CAREGIVER OR DENTIST:

- For follow up as directed.
- If your symptoms are getting worse or not improving.
- If you have any other questions or concerns.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have an oral temperature above 102° F (38.9° C), not controlled by medicine.
- You develop a severe headache or have difficulty swallowing or breathing.

Document Released: 01/25/2006 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.