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One of the common oral conditions among children and adults is gingivitis. This condition is often characterized as the inflammation and irritation of the gums. The main cause of gingivitis is plaque that was left to accumulate on the teeth. If gingivitis is left untreated, it will escalate to severe oral conditions like periodontal disease, tooth loss, and halitosis (bad breath). Hence, you should make it a habit to practice oral hygiene regularly.

Brushing and flossing regularly

The food bits that get stuck on the teeth attract bacteria and cause tartar build-up. If tartar is not removed, it may harden and turn into plaque. The bacteria found in plaque can irritate the gums, making them bleed. Hence, it is important to regularly brush and floss the teeth after meals to prevent plaque from forming in the first place. As much as possible, it is advisable to brush the teeth after every meal to remove traces of food in the mouth. It is also recommended to use soft-bristled brushes to avoid damaging your gums.

Using fluoride products

While brushing and flossing, it is recommended that you use toothpastes and mouth rinses with fluoride. Fluoride is a mineral that enriches the teeth enamel, making it resistant to decay. Fluoride also helps soothe the gums and relieve the inflammation caused by gingivitis. Moreover, fluoride slows down the formation of acid that causes tooth decay and gingivitis. To prevent gingivitis and other oral conditions, visit your dentist and ask for fluoride treatment.

Eating a healthy diet

Diet plays an important role in keeping the mouth healthy. Hence, it is wise to eat food that helps nourish the teeth and gums. Your dentist in Summerville SC will advise you to avoid eating too many sticky and sweet foods such as chocolate and peanut butter. These foods tend to get stuck between the teeth and will most likely attract bacteria. You should eat foods that are rich in vitamin C, D, and B9 to decrease the chances of gingivitis.

Having prophylaxis regularly

Brushing and flossing the teeth might not be enough to prevent gingivitis. There are places in the mouth that the toothbrush and dental floss may have missed. As such, you should have oral prophylaxis (teeth cleaning) from a dentist Summerville offices can offer. The procedure will remove the food bits stuck between your teeth.

Visiting the dentist

Regular consultation with a dentist in Summerville SC is the most important thing you should do to prevent gingivitis. Your dentist will help examine your teeth thoroughly and do preventive measures to avert the onset of oral conditions. He will also help make a treatment plan if you are experiencing problems with your oral health.

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