

VINCENT'S INFECTION

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

D23

SYMPTOMS

- Ulcerated areas on the gums that bleed easily.
- Sore area on the gum line at the base of the teeth.
- The gums between the teeth become blunted with possible swelling.
- Painful and burning sensations on the gums.

CAUSES

A combination of:

- Bacteria commonly found in the mouth that are allowed to collect between the teeth and gums.
- Severe stress and/or change in daily routine.
- Poor diet.
- Insufficient sleep.

TREATMENT

- Debridement of the gums with a special instrument by the dentist.
- When it is warranted by a dentist, antibiotic therapy may be initiated for a 7 to 10 day duration.
- Warm salt water rinses 3 to 6 times per day.
- Brushing the teeth with peroxy and baking soda mixture.
- Well balanced diet supplemented with Vitamins B and C.
- Adequate sleep and frequent relaxation techniques throughout the day.

PREVENTION

- Every 24 hours you must maintain good oral health by flossing and brushing ONCE thoroughly.
- Maintain well balanced meals with supplements of the water soluble Vitamins, especially Vitamins B and C.
- Attempt to do some lifestyle changes in the area of reduced stress.
- Get adequate sleep daily.

NOTE: Also known as TRENCH MOUTH or ANUG.

Student Health Center



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