

Health Advice

How can I stop my gums bleeding?

Why do gums bleed?

- Plaque can be difficult to remove from some tooth surfaces
- Plaque contains bacteria which can damage the tissues which support the teeth and cause inflammation of the gums, this is called gingivitis
- Inflamed gums bleed during brushing or even spontaneously

What to do about bleeding gums?

- Ask your dentist to recommend to you the most appropriate cleaning techniques or dental treatment

How to help prevent your gums bleeding:

- Clean twice daily with a medium toothbrush
- Use a toothpaste containing fluoride and an anti-bacterial agent e.g.. triclosan or chlorohexidine gluconate
- Use inter-dental cleaning aids every day, for example dental floss or an interspace brush
- Have regular professional scaling and polishing
- Have dental treatment to modify the sites which trap plaque
- Arrange professional monitoring of your gum condition

Untreated gum disease (periodontitis) can result in loose teeth without any symptoms of significant discomfort.

The Lansdowne Centre can help patients by monitoring and advising on gum problems: call us to make an appointment