

Bleeding and swollen gums



CAUSES

- Diabetes (poorly controlled)
- Pregnancy
- Smoking
- Poor oral hygiene



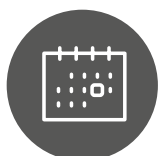
ASK YOURSELF?

- Is the bleeding localised or generalised?
- Do you have a bad taste?
- Are there any ulcers?
- Do you have any signs of systemic symptoms e.g. high temperature, nausea or vomiting?



ADVICE

- Sore gums can be a symptom of many different conditions as well as poor oral hygiene
- Gums can bleed more if you are pregnant or diabetic
- Thorough brushing twice daily is required and can initially make bleeding worse
- The use of interdental brushes or floss to clean space in between the teeth
- If bleeding is frequent and there is a bad taste or bad smell, rinse with a mouthwash after brushing and seek dental assessment
- Smoking contributes to gum disease



FOLLOW UP

- See a dentist for assessment and advice
- Pregnancy, diabetes and smoking can affect gums
- Brushing twice daily and interdental cleaning can help maintain gum health
- Smoking cessation



ALERT

- Seek dental assessment for elimination of other causes especially if systemic signs and ulceration



SELF CARE

- Toothbrush
- Inter space toothbrush and interdental brushes
- Floss
- Fluoride toothpaste
- Mouthwash