Fighting bleeding gums
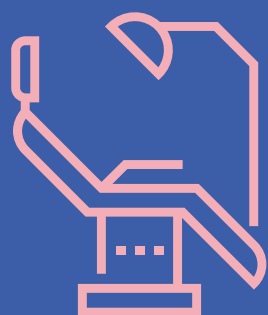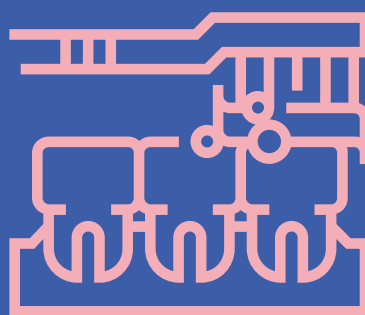
Consult your dentist right away

First, go for a periodontal assessment. By bleeding, your gums are trying to 'inform' you that they are suffering from some form of gum disease. Discuss your case with your dentist or gum specialist. Make sure you go for annual check-ups

Improve your oral hygiene

Pay attention to your technique and brush your teeth gently, for at least two minutes and twice a day. Find out from your dentist or hygienist if you can improve your brushing and oral hygiene habits
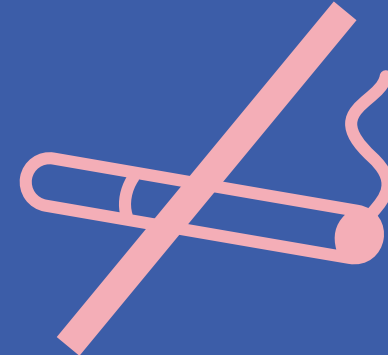
Stop smoking, reduce alcohol consumption

Cigarettes and other tobacco products are a major cause of gum disease – and gum disease is also related to excessive alcohol consumption, diabetes, obesity, and stress

Floss, interdental brush, antiseptic mouthwash?

Consult your dentist about using interdental brushes - in some cases flossing may be an alternative. And ask them if rinsing daily with an antiseptic mouthwash is advisable in your case

Use a soft or electric toothbrush

Toothbrushing is about the technique rather than vigour or necessarily the type of brush. Choose a toothbrush with soft bristles or, if possible, an electric one – when used properly, it's more efficient
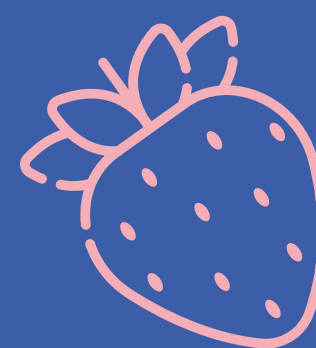
Improve your intake of vitamins C and K

Choose a balanced diet and make sure it includes enough vitamin C (citrus fruits, strawberries, tomatoes, broccoli), vitamin K (spinach, lettuce, olive oil), and calcium (dairy products, cabbage, sesame)

Just relax!

Stress raises levels of cortisol, leading to inflammation and bleeding. Avoiding stress can help your gum health and your general health!
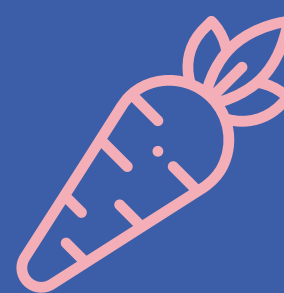
Crunchy vegetables rather than starch

Eating carrots or celery may help remove food residue from your mouth and these foods are preferable to starchy, processed, and sugary foods, which tend to stick to the teeth

12 May, Gum Health Day 2020 - a global EFP initiative

SAY NO TO BLEEDING GUMS

Gum Health Day
12 MAY 2020
An EFP initiative

EFP
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