



DENTAL HEALTH INFORMATION FOR PATIENTS

BLEEDING GUMS

Prevention

The best way to prevent gum bleeding is to adopt a healthy lifestyle that prevents diseases that cause gum bleeding. Gum bleeding and other gum complications can also be stopped and minimized by:

- Practice good oral health care, including brushing twice a day and flossing once a day
- Replacement of toothbrushes every 3 to 4 months
- Visit the dentist regularly
- Make regular appointments with the hygienist for professional cleaning and tartar removal
- See a doctor regularly to check for health problems that may contribute to gum problems, such as diabetes
- Avoid smoking or work with a doctor to quit smoking
- Eat a healthy diet that includes lots of fresh fruits and vegetables and limit processed foods and foods with added sugars



Image showing the technique of flossing.

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