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## DENTAL HEALTH INFORMATION FOR PATIENTS

### BLEEDING GUMS

#### Prevention

##### At Home

- Practice good oral health care, including brushing twice a day and flossing once a day
- Replacement of toothbrushes every 3 to 4 months
- Eat a healthy diet that includes lots of fresh fruits and vegetables and limit processed foods and foods with added sugars
- Avoid tobacco consumption (smoking/chewing)
- Reduce stress levels
- Increase Vitamin C intake, helps strengthen immune system and fight off infections causing bleeding gums
- Increase Vitamin K intake, helps your blood clot, deficiency can cause easy bleeding
- Apply cold compress, helps restrict blood flow which will stop bleeding and also reduces swelling and inflammation
- Rinse mouth with salt water, helps decrease bacteria and improve healing of bleeding gums
- Apply turmeric paste, turmeric has natural antiseptic and anti-inflammatory properties which help improve symptoms of gingival inflammation and control bleeding

##### At Clinic

- Visit the dentist regularly, every 6 months to 1 year
- 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

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When to see a doctor, see a dentist if gum bleeding doesn't improve within 7 to 10 days. You may need a deep dental cleaning to remove plaque and tartar and promote gum healing.

Your doctor may also order lab work to check for any Vitamin deficiencies that can cause gum bleeding.

## REFERENCES

- 1- <https://www.healthline.com/health/how-to-stopbleeding-gums#6.-Increase-your-intake-of-vitamin-K>
- 2- <https://www.medicoverhospitals.in/symptoms/bleedinggums>
- 3- <https://www.dentalhealth.org/blog/five-ways-to-stopbleeding-gums>
- 4- <https://www.myideal dental.com/blog/how-to-stopbleeding-gums/>
- 5- <https://www.parodontax.com/gum-health/all-aboutgums/bleeding-gums/>
- 6- <https://www.shallowfordfamilydental.com/how-to-stopbleeding-gums-10-simple-solutions/>



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## PERIODONTAL DISEASE



HEALTHY GUM AND TOOTH



GINGIVITIS



EARLY PERIODONTAL DISEASE



ADVANCED PERIODONTAL DISEASE



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