



Short Communication

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## Bleeding Gums

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When you get up in morning and start your chore - brushing your teeth and found that some bleeding are notified by you. It may be a triggering indication of gum disease, if such condition occurred prolong. Its indicate that this is the time you have to concerned with a dentist.

It may be a result of your habit during brushing your teeth or gum infection or may lead to a periodontitis issue or other health related

issue we will be discussed in this article. Occasional bleeding of the gums can be caused by brushing your teeth too vigorously or wearing dentures that don't fit correctly. Frequent gum bleeding can also indicate more serious conditions.

The bleeding gums can be a warning sign that you have or may develop gum disease. Continuously gum bleeding may be due to plaque buildup on the teeth.

The gum bleeding symptoms and the indication may have different health issue such as described below:

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- Gingivitis (inflammation of the gums)
- Periodontitis make your gums sensitive and prone to bleeding. (an advanced form of gum disease)
- leukemia (cancer of the blood)

- vitamin deficiency
- lack of clotting cells (platelets)
- Hormonal changes during pregnancy
- Dental conditions that can cause bleeding gums
- Dental care issues are the primary cause of bleeding gums.

Ask your doctor to check your levels of vitamins C and K if you have bleeding gums that aren't caused by improper dental care. Also, follow a diet that contains both nutrients to ensure you're getting the vitamins you need to stay healthy.

Foods rich in vitamin C include: citrus fruits and juices, broccoli, strawberries, tomatoes, potatoes, bell peppers. Foods rich in vitamin K include: watercress, spinach, mustard greens, soybeans, olive oil.

### **Gingivitis**

Bleeding gums are a sign of gingivitis, or inflammation of your gums. It's a common and mild form of gum disease, and it's caused by a buildup of Plaque at your gum line.

If you have gingivitis, your gums may be irritated, red, and swollen. They may bleed when you brush your teeth. You can get rid of this problem by taking good care of your teeth. Brush your teeth twice a day, floss every day, rinse daily with an antibacterial mouthwash, and see your dentist regularly. Brushing your teeth removes plaque and can prevent you from developing Cavities (dental caries). But plaque may stay on your gum line, if you don't brush and floss properly.

If plaque isn't removed it can harden into tartar (calculus), which will increase bleeding. The accumulation of plaque near your gums can also cause gingivitis.

### **Symptoms of gingivitis include:**

Puffy gums

Soreness in the mouth and around the gums

Bleeding gums

### **Periodontitis**

If you don't prevent your gingivitis, it can lead to periodontal disease, or periodontitis, a long-term gum condition that damages the tissue and bone that support your teeth.

Periodontal disease (periodontitis) can occur when gingivitis becomes Advanced. Periodontal disease is an infection of the gums, jawbone, and supportive tissues that connect your teeth and gums. Periodontitis can cause your teeth to loosen or fall out.

Identify the cause of bleeding gums is initial stage of treatment, identification is its is a treatment.

Pregnant women commonly notice that their gums may become red and swollen, and even bleed when they floss or brush their teeth, a condition known as “pregnancy gingivitis.” Similar gum inflammation can result from taking birth control pills that contain a type of synthetic progesterone, or even from the normal hormonal fluctuations of the menstrual cycle.

## **08 possible ways to stop the bleeding.**

### **1. Practice good oral hygiene**

Bleeding gums may be a sign of poor dental hygiene. brush your teeth at least twice daily and floss once a day. Gums become inflamed and bleed when there’s a buildup of plaque along the gum line. Plaque is a sticky film containing bacteria that covers your teeth and gums. the bacteria can spread and cause tooth decay or gum disease.

### **2. Clean your mouth with hydrogen peroxide**

You might keep hydrogen peroxide on hand to use as a disinfectant. Turns out it can also remove plaque, promote gum health, and stop gum bleeding. If your gums are bleeding, rinse your mouth with hydrogen peroxide after brushing, but don’t swallow the solution.

### **3. Stop smoking / Chewing tobacco ( Gutka)**

In addition to heightening the risk of lung cancer, heart disease, and Stroke, smoking is linked to gum disease. Smoking can lower your body’s immune system, making it harder for your body to fight off plaque bacteria. This can lead to gum disease. Chewing tobacco also has potential of mouth cancer. In fact smoking / chewing tobacco (Gutka) is a major cause of severe gum disease in India.

### **4. Increase your intake of vitamin C**

If you are not getting enough vitamin C in your diet may worsen bleeding if you have gum disease. As a powerful antioxidant, vitamin C strengthens connective tissue and protects the lining of your gums, In fact, a vitamin C deficiency can also lead to gum bleeding even if you practice good oral habits.

#### **Foods rich in vitamin C include:**

Oranges, sweet potatoes, red peppers, carrots

### **5. Increase your intake of vitamin K**

Taking a vitamin K supplement may also alleviate bleeding gums. Vitamin K is an important nutrient because it helps your blood clot. A deficiency can cause easy bleeding, and one study Trusted Source found that it may lead to gum bleeding.

#### **Foods' rich in vitamin K include:**

Spinach

Collard greens

Kale

Mustard greens

The Office of Dietary Supplements Trusted Source recommends that adult men get 120 micrograms and women get 90 micrograms of vitamin K daily

### **6. Apply a cold compress**

Bleeding gums aren't always caused by gum disease. Your gums may also bleed from trauma or an injury to the gum tissue.

A cold compress applied to the gum line can reduce swelling and restrict blood flow to stop bleeding. Apply an ice pack or a cold cloth to your gums several times a day, 20 minutes on and 20 minutes off.

### **7. Eat fewer carbs Research**

Trusted Source has found that reducing your carbohydrate intake may also improve gum health and prevent gum disease. Carbohydrates and sugary foods encourage plaque and the growth of bacteria. The more plaque accumulated on your gums, the more likely you are to have bleeding gums. Although brushing and flossing regularly can reduce this buildup, cutting back on carbs helps prevent plaque formation.

### **8. Rinse your mouth with salt water**

Because bacteria and inflammation in the mouth causes gum disease, regularly rinsing your mouth with a mixture of warm salt water may also reduce bacteria and stop gum bleeding. Add half a teaspoon of salt to a glass of warm water and rinse your mouth for a few seconds three to four times a day. If bleeding is from an injury or trauma, rinsing with a salt water mixture also keeps your mouth clean and removes bacteria that could cause a wound infection. Visit the dentist at least once every 6 months for plaque removal. Follow your dentist's home care instructions. Brush your teeth gently with a soft-bristle toothbrush at least twice a day. It is best if you can brush after every meal. Also, flossing teeth twice a day can prevent plaque from building up.

I hope this article will help you against the bleeding gums problem. You can prevent or taking important step to cure it.