

Bleeding Gums Treatments - Smile Solutions

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Bleeding Gums Swollen, red, and bleeding gums are classic signs of gum disease. Gum disease is a condition that affects the tissues supporting your teeth and can range from mild and reversible to chronic and progressive. It can present in two different forms, one mild and reversible (gingivitis) and the other a chronic disease that requires ongoing treatment and maintenance (periodontitis). Types and causes of gum disease

Gingivitis Gingivitis is inflammation of the gums caused by plaque buildup at the gumline due to poor dental hygiene. Most patients have some gingivitis, which can be easily treated and reversed with improved home care, including brushing, flossing, and regular professional cleans. Other causes include certain medications, chronic conditions such as diabetes, poor nutrition, and viral or fungal infections. Symptoms depend on severity, with bleeding gums being the most common sign, though this may be masked in smokers. Periodontitis

Periodontitis, or "destructive gum disease," involves irreversible damage to the ligaments and bone supporting your teeth. Signs include bad breath, gum recession creating dark triangles between teeth, a "long in the tooth" appearance, and loosening or shifting of teeth. If untreated, periodontitis can eventually result in tooth loss. While it cannot be reversed, its progression can often be stabilised with excellent home care and ongoing professional maintenance. Genetics, smoking, and chronic conditions like diabetes increase susceptibility. Other causes

Less commonly, bleeding gums may be linked to serious medical conditions or inflammation elsewhere in the body. The only way to fully understand the cause is through a dental examination. A simple check can alert your dentist to gum disease, which may require further assessment, including radiographic analysis of the supporting bone, and, if necessary, referral to a periodontist (gum specialist). To determine the cause of your bleeding gums, book a dental examination today. Book Now

Frequently Asked Questions How does gum disease affect my overall health? You might be surprised to know that your mouth is home to up to 26,000 oral microbial species. While most of these live in harmony, some are harmful to the oral tissues. In certain conditions, an imbalance of oral bacteria can result in a disproportionate amount of destructive bugs, causing periodontitis. When present, this disease can affect your general health in multiple ways.

Cardiovascular disease Gum disease can affect your heart and blood vessels, as bacteria present in periodontitis initiate a variety of reactions from the body's immune system. These reactions result in elevated levels of a protein that is associated with generalised inflammation. This protein is also associated with peripheral artery disease in otherwise healthy individuals. Bacteria present in gum

disease can also travel through the blood stream and cause a heart condition called endocarditis.

Diabetes Gum disease and diabetes have a symbiotic relationship. Periodontal disease occurs more commonly in people with diabetes – and, once present, it can cause further progression of diabetes. The presence of bacteria associated with gum disease can trigger a variety of reactions by the body's immune system, which causes progression of diabetes. For example, the bacteria can cause further destruction of the cells that produce insulin in the body in type 2 diabetes and of the substance that protects organs from damage. Thus, gum disease can increase the damaging effects of diabetes.

Respiratory disease The bacteria present in periodontitis has been shown to be linked to infections of the lung, both acute (such as pneumonia) and chronic (such as chronic obstructive pulmonary disorder). Patients who already have a compromised immune system are more susceptible to this progression, so it is important to schedule regular professional examinations and gum treatment.

Complications during pregnancy In pregnant women, the toxic effects of bacteria present in untreated periodontitis can be transported via the blood stream to the placenta membrane where they can cause rupture of the placenta. Periodontitis has also been linked to low birth weight. In short There are many ways in which periodontitis can influence your general health (and vice-versa). The best way to avoid these problems is to manage the disease. A combination of excellent oral care at home and regular maintenance and treatment by your dental team will reduce the risk of other health complications. Does mouthwash help prevent gum disease, and which one should I use? No mouth rinse has been proven to prevent gum disease; however, in some situations a periodontist (gum specialist) may recommend use of a short course of antibacterial mouth rinse in conjunction with in-chair treatment. These mouth rinses can be purchased from either Smile Solutions or from your local pharmacy but they are only recommended for use under the guidance of your dentist or hygienist as they can have unwanted side effects if not used appropriately. They must always be kept away from children. What should I do if I have periodontal disease? If you have periodontal disease you may be referred to a periodontist for assessment and ongoing treatment of the gums. At Smile Solutions you do not need a referral to see one of our specialist periodontists. Just call us on 13 13 96 to discuss your needs and arrange an appointment. How do I prevent gum disease and can it be cured? To prevent gum disease, you should brush your teeth at least twice a day and use dental floss or brushes for cleaning in between your teeth (interdental brushes). If you have gingivitis, the condition is reversible with effective brushing and flossing. Some patients with gingivitis will progress to periodontitis. Periodontitis does not cause symptoms initially, so it is important to have regular dental check-ups to identify its presence. Your dentist should be able to diagnose gum disease and suggest a referral to a gum specialist. If you arrest gum disease in the early stages, you may be able to prevent the early loss of teeth. Treatment of periodontitis is better described as ongoing maintenance rather than a cure. Management and maintenance require improved oral hygiene and an active ongoing relationship with your dental practitioner. What is periodontal disease and what are the signs and symptoms? Periodontal disease, commonly known as gum disease, is a condition that involves either inflammation of the gums (known as gingivitis) or a more chronic condition (periodontitis). Advanced cases of periodontitis can cause loss of the bone structures that support the teeth and, subsequently, loss of the teeth themselves. Periodontitis has been shown to be associated with heart disease, stroke, whole body (systemic) infections and low birth weight in premature babies. Look out for: bleeding gums swollen gums redness of the gums painful gums loss of gum tone and texture gum recession bad taste halitosis (or bad breath) tooth movement and migration difficulty chewing. Contact Us Contact Us " * " indicates required fields Full Name * Phone Number Email Address * Enquiry Type * General & Cosmetic Dentistry Orthodontics & Invisalign® Specialist Care Do you have private health insurance with dental cover? Yes No Your Message * Send Message Send Message > Δ Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our

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