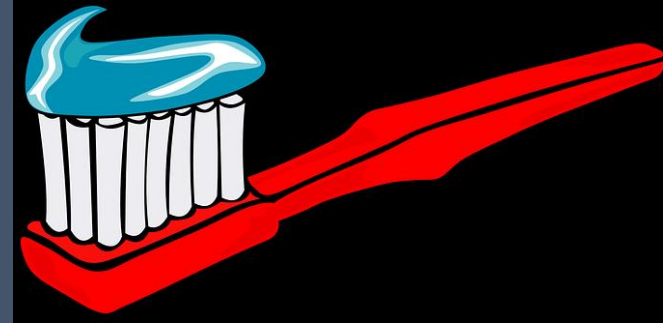


Bleeding gums

Bleeding gums is a sign of gum disease but is not an emergency and can often improve with effective cleaning of the teeth. When normal dental services resume, you can arrange an appointment for your dentist to check but in the meantime, try:

- Brushing for 2 minutes twice daily with fluoride toothpaste.
- Cleaning between the teeth with floss or interdental brushes
- Concentrate especially on areas that are bleeding.
- Chlorhexidine mouthwash can help in the short term. Prolonged use can stain the teeth.
- Stopping smoking. This will improve your gum health in the long-term.



In rare cases, an acute infection can develop in the gums. Try the measures above and take painkillers e.g. Paracetamol and/or Ibuprofen (follow packet instructions). In some cases, antibiotics may be required to delay treatment until normal dental services resume.

If your gums continue to worsen and your mouth/face feels swollen or the pain cannot be managed with painkillers, call your dental practice by telephone for advice.

If you do not have a regular dentist, call [111](tel:111) or NHS Direct Wales on [0845 46 47](tel:08454647).