BLEEDING GUMS

Noticing bleeding gums while brushing or flossing can cause alarm. Often the cause of bleeding gums is as simple as brushing too hard, but in some instances it can be a symptom of something more serious.

Bleeding gums causes

One of the biggest bleeding gums causes is the buildup of plaque on the teeth. If left unaddressed this will lead to gingivitis, an early stage of gum disease. Alongside bleeding gums, symptoms of gingivitis include red and puffy gums.

[Learn more about the symptoms, treatment and prevention of gingivitis](#)

Many women will suffer from gingivitis during pregnancy (known as pregnancy gingivitis). The symptoms of pregnancy gingivitis should clear after pregnancy.

[Understand the causes of pregnancy gingivitis and learn how you can prevent it](#)

Blood thinning medications may also cause your gums to bleed. If you think your bleeding gums might be due to medication, get in touch with your dentist.

Bleeding gums treatment

The best way to find out the cause of your bleeding gums is to book an appointment with a dental professional. Your dentist or dental hygienist will be able to advise you on the best bleeding gums treatment according to your symptoms.