



Bleeding Gums?

Why gums bleed:

- ◇ Plaque can be difficult to remove from some tooth surfaces.
- ◇ Plaque contains germs which cause red and swollen gums.
- ◇ Swollen gums will bleed easily.

What to do about it:

Ask your dentist to recommend for you the most appropriate cleaning techniques or dental treatment.

Ways to prevent it:

- ◇ Cleaning twice daily with a soft toothbrush.
- ◇ Using cleaning aids to clean in between the teeth.
- ◇ Using toothpaste containing an anti-bacterial agent.
- ◇ Regular scaling and polishing.
- ◇ Other dental treatment.

FOR ADVICE ON BLEEDING GUMS CALL: 01782 274911