



ASK

Causes

- Poor oral hygiene
- Diabetes (poorly controlled)
- Pregnancy
- Smoking

Ask

- Is the bleeding localised or generalised?
- Do you have a bad taste?
- Are there any ulcers?
- Do you have any signs of systemic symptoms e.g., high temperature, nausea or vomiting?



ADVICE

- Sore gums can be a symptom of many different conditions as well as poor oral hygiene
- Gums can bleed more if pregnant or diabetic
- Reassure patients – thorough brushing twice daily (with one of the times being last thing at night) is required and can initially exacerbate bleeding
- The use of interdental brushes or floss to clean space in between the teeth at least once a day
- If bleeding is frequent and there is a bad taste or a bad smell, rinse with a chlorhexidine-based mouthwash after brushing and seek dental assessment
- Smoking contributes to gum disease



FOLLOW UP

- See a dentist for assessment and advice
- Pregnancy, Diabetes, and smoking can affect gum health
- Brushing twice daily and interdental cleaning can help maintain gum health
- Smoking cessation



ALERT

- Seek dental assessment for elimination of other causes especially if systemic signs and ulceration



PHARMACY PRODUCT

- Toothbrush
- Inter space and single tufted toothbrushes
- Floss
- Fluoride toothpaste
- Chlorhexidine mouthwash

PHARMACY DENTAL FACT SHEET