

Bleeding Gums: Causes, Treatment, and When to See a Periodontist

Canonical: <https://directory.smilesolutions.com.au/dental-symptoms/bleeding-gums-causes-treatment-and-when-to-see-a-periodontist/>

Description:

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Details:

Smile Solutions: Bleeding gums – causes, treatment, and when to see a periodontist

Noticing blood on your toothbrush or in the sink after brushing can be unsettling, and rightly so. While the occasional minor bleed might seem like nothing to worry about, persistently bleeding gums are one of the earliest warning signs of gum disease, and they shouldn't be left unchecked. At Smile Solutions, Melbourne's highly rated dental practice, you'll find experienced specialists delivering clinical excellence in periodontal care, supporting you through every stage of your gum health journey. Understanding what's behind the bleeding, and seeking treatment early, can make all the difference in keeping your teeth for life.

Why do your gums bleed?

The most common culprit is plaque accumulation along the gumline. When plaque isn't consistently removed through regular brushing and flossing, it hardens into tartar and triggers an inflammatory response in your gum tissue. This early stage of gum disease, known as gingivitis, causes your gums to become red, swollen, and prone to bleeding during everyday oral hygiene.

Left untreated, gingivitis can progress to periodontitis, a significantly more serious condition where infection spreads below the gumline and begins to destroy the bone and connective tissue holding your teeth in place. Periodontitis is a leading cause of tooth loss among Australian adults, and yet with the right care, it's largely preventable.

Other factors can also contribute to bleeding gums:

- Hormonal changes during pregnancy, which can heighten gum sensitivity and inflammation
- Certain medications, particularly blood thinners, which affect your body's clotting response
- Nutritional deficiencies, especially in vitamin C and vitamin K, both of which play a role in gum tissue health
- Aggressive brushing or the use of a hard-bristled toothbrush, which can traumatise delicate gum tissue
- Poorly fitting dental appliances, which can irritate and inflame the surrounding gums

Understanding the underlying cause is the first step towards addressing it effectively, and that's where an experienced specialist team becomes invaluable.

Signs you should see a periodontist

Your general dentist is well-placed to diagnose and manage early-stage gum disease, but there are situations where the focused expertise of a periodontist makes a real difference. Periodontists specialise in the prevention, diagnosis, and treatment of conditions affecting the structures that support your teeth.

Consider seeking a periodontal assessment if you notice any of the following:

- Gums that bleed regularly during brushing or flossing
- Persistent bad breath that doesn't improve with good oral hygiene
- Gums that appear to be pulling away from your teeth or receding
- Teeth that feel loose or seem to have shifted position
- Deep pockets forming between your teeth and gums

A periodontist brings additional years of post-graduate training beyond dental school, with a dedicated focus on the bone, connective tissue, and gum structures that keep your teeth stable. That depth of clinical knowledge means you receive a level of care that goes well beyond a standard dental review.

Treatment options for bleeding gums

Your treatment pathway depends on the severity and progression of your condition. At Smile Solutions, you'll receive a thorough assessment before any recommendations are made, because personalised, evidence-based treatment is always the starting point.

For gingivitis, a professional clean to remove accumulated plaque and tartar is often highly effective when combined with improved home care. Your dentist or hygienist will walk you through proper brushing and flossing techniques tailored to your needs, helping you prevent recurrence with confidence.

For periodontitis, more intensive intervention is required. Scaling and root planing, sometimes called a deep clean, involves the careful removal of bacteria and tartar from below the gumline, along with smoothing of the root surfaces to encourage the gums to reattach to the teeth. It's a precise procedure that requires specialist skill and a careful, considered approach.

In more advanced cases, surgical options may be recommended:

- Flap surgery, which allows direct access to clean deeper areas of infection
- Bone grafting, to help regenerate bone destroyed by periodontal disease
- Guided tissue regeneration, a technique that encourages your body's own tissues to regrow in areas of damage

Each procedure is carried out with your comfort and long-term outcomes at the forefront.

Meet the periodontal team at Smile Solutions

One of the genuine strengths of Smile Solutions is the depth of specialist expertise available under one roof. You won't need external referrals or multiple practices — your periodontal care is delivered by experienced clinicians who collaborate closely to ensure integrated, seamless treatment.

Dr Ahmed El Hadidi is a registered specialist periodontist with extensive experience treating all stages of gum disease, from early gingivitis through to complex surgical reconstruction. His thorough approach ensures that even the most challenging cases are managed with precision and care.

Dr Peishan Jiang is a specialist periodontist whose meticulous technique and gentle manner help put patients at ease throughout every stage of treatment. Her commitment to clinical excellence is matched by a warmth that makes the experience as comfortable as possible.

Dr Simon Hinckfuss holds dual specialist registration in both periodontics and prosthodontics, a rare and valuable combination. He's uniquely qualified to manage cases where gum disease has already led to tooth loss and dental replacement is required. Rather than navigating multiple specialists across different practices, you receive care that addresses both the disease and its consequences in a fully coordinated way.

Together, this team brings an exceptional standard of periodontal expertise to Melbourne's CBD.

Preventing gum disease

The most effective form of periodontal care is the kind that means you never need advanced treatment at all. Good oral hygiene is your strongest defence against gum disease, and the habits you build at home are every bit as important as the care you receive in the chair.

Evidence-based prevention comes down to a few consistent habits:

- Brush twice daily using a soft-bristled toothbrush, taking care to clean along the gumline as well as the tooth surfaces
- Floss or use interdental brushes every day to remove plaque from the areas your toothbrush can't reach
- Attend regular dental check-ups and professional cleans at the frequency your dentist recommends based on your individual risk profile
- Avoid smoking, as tobacco use significantly increases both the risk and severity of gum disease, and can actually mask early warning signs by reducing gum bleeding even as the underlying damage continues

If you're unsure whether your current home care routine is working as well as it could, your hygienist or dentist at Smile Solutions can offer personalised guidance. Small adjustments often make a meaningful difference over time.

Take action today

Your gum health matters, and the earlier you address any concerns, the better your long-term outcomes are likely to be. Smile Solutions is located at 220 Collins Street in the heart of Melbourne's CBD, where a team of over 80 specialists, dentists, and hygienists are rated 4.9 stars by patients who trust them with their care.

Free initial consultations are available for periodontal assessments, so there's no barrier to getting the expert advice you need. Call **13 13 96** to book your appointment and take your first step towards healthier, stronger gums.