

What Are The Treatments To Get Rid Of Swollen Gums?

Your gums are very vital to your oral health. Gums are made of firm, pink tissue around the tooth that may be swollen or bleeding. [Swollen gums](#) are also called gingival swelling, and this situation makes you often irritated, sensitive, painful and provides more comfort. Swollen gums bleed more quickly when brushing or flossing. There are many reasons why your gums get swollen? Swollen gums may cause gum disease. Gum disease is also referred to as **Periodontitis**. When the situation becomes severe of the gum, you need **Periodontal Disease Treatment** immediately.



Why swollen gums?

1. The most obvious cause of swollen gums is gingivitis. Gingivitis is a gum disease that causes your gums to become swollen or irritated. If **gingivitis gums** left untreated it can lead to a much severe condition called periodontitis and sometimes tooth loss. gingivitis is resultant of poor oral hygiene. make sure when you see [Periodontitis Symptoms](#).
2. If you put on dental dentures most likely they have not fitted appropriately.
3. Reaction or sensitivity to mouthwash or toothpaste.
4. Some side-effects of a medication you are taking.
5. Dietary problem or food imbalance.
6. Vitamin C deficiency
7. Pregnancy

8. Increase of dangerous bacteria in your mouth.

After seeing the cause of periodontitis disease, you are looking at **Gum Disease Treatment**.



How to get rid of swollen gums?

There are two ways to get rid of swollen gums, that is Medical treatment or home treatment

1. When your gum disease becomes swollen for more than two weeks, you need to seek a **Periodontist** dentist immediately. Your dentist will diagnose your gum by the dental X-ray and identify the situation of your gum. However, the gum disease treatment depends on the cause of your swollen gums.
2. Another way is treating your swollen gums at-home. You can floss, brush and rinse gently twice a day. Drink a lot of water so that it increases the more production of saliva. This helps to decrease the bacteria in the mouth. Along with these, taking care of your gums on a regular basis is essential.

So make sure that your daily oral health routine and professional dental care are more than just taking care of your teeth. These are the two ways of gum treatment, either you have fewer issues with gum, it is advised you to seek a dentist. There are some precautionary actions you can take to avoid swollen gums, including maintaining proper oral care and eating healthy foods.

Brush, floss and rinse regularly, especially after meals or at least twice a day can keep your gums healthy and prevent much dental health disease. Visit your dentist at least once every six months for teeth cleaning. If you have a dry mouth, it can increase your risk of plaque and tartar buildup. Talk to your doctor about mouthwashes and toothpaste that may help with this condition. Find the best dentist and get periodontitis treatment so that you can cure dental gum diseases and take care of your overall health.