



**WORLD  
OF DENTISTRY**

**How to get  
Healthier Gums**

**In 2 weeks**





# Having **Healthy gumsss**

Doesn't just improve your smile and boost your confidence, it also protects your whole body.

Today a white and perfect smile is trendy, but achieving it isn't just about how your teeth look. Real oral health starts with your gums. They're the foundation of strong teeth.

Teeth and gums work together, and you can't take care of one without the other.

But, did you know that with a few simple habits, you can start seeing real changes in just 14 days? Let's see it.



## What do healthy gums look like?

Healthy gums are coral pink, firm, don't hurt, and don't bleed when brushing. They sit snugly around your teeth, with no swelling or constant bad breath.

## What are the warning signs that something's wrong?

- Red, swollen, or pale gums.
- Bleeding when brushing or flossing.
- Pain or sensitivity when touching the gums.
- Receding gums (*tooth roots showing*).
- Persistent bad breath.

***If you notice any of these signs, it's important to act before things get worse.***



## Why is it important to care for your gums?

Your gums are the natural support system for your teeth. When they're healthy, every tooth stays firm, stable, and well-protected.

But when gums become inflamed or infected:

- They can pull away from the teeth, loosen them, and even cause tooth loss.
- The bacteria behind the infection can slip into your bloodstream and travel to the heart, brain, and other organs, raising the risk of serious conditions such as cardiovascular disease, stroke, or pregnancy complications.

***Keeping your gums healthy also means protecting your entire body.***





# What Gum diseases should you watch out for?

- **Gingivitis:** Mild inflammation, usually causing red, bleeding gums and bad breath. It's **reversible** with good hygiene
- **Periodontitis:** A more serious infection that damages the bone supporting your teeth. It can lead to tooth loss if left untreated.



# 9 Simple **Steps to Healthier Gums** in 14 Days

Did you know that just a few daily habits can completely change your gum health?

If you stick to these steps for at least two weeks, you'll notice firmer gums, less bleeding, and fresher breath.

## 1. FLOSS DAILY

Floss removes plaque and food between the teeth and under the gumline, it cleans places where your toothbrush can't reach.

- Floss at least once a day, ideally at night.
- Use a “C” shape to hug each tooth and remove plaque right at the gum line.
- Rinse your mouth afterward.

FOR KIDS OR ADULTS WHO STRUGGLE  
WITH REGULAR FLOSS, TRY FLOSS  
PICKS OR A WATER FLOSSER.





## 2. BRUSH AFTER EVERY MEAL

Brush at least twice a day, or ideally after each meal, to keep your mouth free of bacteria.

- Don't forget to brush your tongue! It traps bacteria and debris that can cause bad breath.
- You can use a tongue scraper or the back of your toothbrush to clean it.
- If you notice a white or brown coating on your tongue, it could be buildup, and it's a good idea to check with your dentist.

REGULAR BRUSHING HELPS LOWER THE RISK OF GUM DISEASE AND CAVITIES, AND KEEPS YOUR MOUTH FEELING FRESH.

### 3. USE FLUORIDE TOOTHPASTE

Fluoride strengthens tooth enamel and helps fight bacteria that can lead to cavities and gum problems.

*Always check that your toothpaste contains fluoride and has the ADA seal of approval.*

#### WHAT ABOUT CHILDREN?

- For very young children, start with fluoride-free toothpaste until they learn how to spit it out.
- Once they can spit, use a pea-sized amount of fluoride toothpaste.
- After age 6, kids can usually use the same toothpaste as adults, just in small amounts.

IF YOUR CHILD IS AT HIGH RISK FOR CAVITIES, THEIR DENTIST MAY RECOMMEND FLUORIDE TREATMENTS OR STRONGER TOOTHPASTE FOR EXTRA PROTECTION.





#### 4. BRUSHING PROPERLY

Brushing well isn't about doing it fast or hard, it's about doing it properly.

- Use small, circular, gentle motions.
- Clean all sides of the teeth, including the chewing surface.
- Don't press too hard, it can damage your gums.
- Brush for at least 2 minutes.



## 5. USE THE RIGHT TOOTHBRUSH.

*CHOOSE A TOOTHBRUSH THAT  
FITS YOUR NEEDS AND HELPS  
YOU CLEAN EFFECTIVELY.*

- Look for soft bristles and a small or medium head to reach all areas comfortably.
- Replace it every 3 months, or sooner if the bristles look worn out.
- Electric toothbrushes are a great option for both adults and kids, they make brushing easier and more effective.





## 6. USE MOUTHWASH

Mouthwash is a great add-on, not a replacement, for brushing and flossing.

- It reduces plaque, freshens breath, and helps control bacteria.
- Choose between alcohol-free or antibacterial formulas based on your needs.

The ADA recommends avoiding mouthwash in kids under 6.

## 7. HEALTHY EATING


What you eat matters for your whole body, including your teeth and gums.


### *INCLUDE IN YOUR DIET*

- **Crisp fruits like apples, pears, or oranges:** they help clean plaque naturally and stimulate saliva
- **Leafy greens like spinach and lettuce:** high in fiber and anti-inflammatory compounds.
- **Foods rich in calcium and vitamin D** like salmon, eggs, cheese, and tofu, that strengthen teeth and gums.
- **Vitamin C sources like kiwi, bell peppers, and citrus fruits:** support gum tissue and immune defense.
- **Berries like blueberries:** packed with antioxidants that help reduce inflammation and fight bacteria.

Go easy on citrus, it's healthy but too much acidity can wear down enamel.

## 7. AVOID SMOKING AND HEAVY ALCOHOL USE

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- Smoking weakens the immune system and slows down healing.

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- Alcohol demineralizes teeth, increasing the risk of sensitivity and decay.

CUTTING DOWN, OR QUITTING  
ALTOGETHER, IS KEY TO IMPROVING  
YOUR ORAL AND OVERALL HEALTH.

## 9. VISIT YOUR DENTIST REGULARLY

Even with a great routine at home, professional check-ups are essential for keeping your gums truly healthy.

- It's recommended to visit the dentist at least twice a year for a full evaluation.
- During these visits, your dentist can remove tartar and plaque buildup, even the kind that hides beneath the gums and can't be reached with regular brushing.
- They can also detect early signs of gingivitis or periodontitis, and guide you on how to treat or prevent them.

THESE CLEANINGS AND CHECK-UPS ARE KEY TO STOPPING SMALL ISSUES BEFORE THEY BECOME SERIOUS PROBLEMS.

Your toothbrush does a lot, but your dentist finishes the job.





# What does **The color of the gum** say?

Healthy gums should be coral pink. Other colors may be signs that something's not right:

**Pale pink:** This may suggest a buildup of plaque or poor circulation in the gums.

**Bright red:** A common sign of inflammation, often linked to gingivitis or bleeding when brushing or flossing.

**Brown or dark spots:** In many people with darker skin tones, this can be completely normal. However, sudden or irregular dark spots may be caused by smoking, certain medications, or chemical irritants.

**White patches:** Not to be confused with pale pink, white lesions could indicate fungal infections like oral candidiasis and should be examined professionally.

If your gums look different than usual or change color over time, it's a good idea to schedule a dental check-up.





# How to **Protect your child's gums** from the start?

Gum health starts early,  
and the earlier the  
habits, the better.

**First dental visit:** by age 1, even if they only  
have a few teeth.

Start cleaning with a damp cloth or infant  
toothbrush when teeth appear.

Avoid letting babies fall asleep with a  
bottle, because sugars stay in the mouth  
and cause baby bottle tooth decay.

Use pacifiers and bottles responsibly,  
always combined with good hygiene and  
dental guidance.

Healthy gums in  
childhood build strong  
oral habits for life.

# Why is it important to care for your gums?

Build your best smile starting now

**If you follow these steps for just 14 days** you'll start seeing real changes: firmer gums, less bleeding, fresher breath, and a more confident smile.



## Remember

The real transformation starts at home, with daily habits and it's strengthened with regular dental visits.

**Start your 14-day gum health challenge today.**



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