Mouth and Gum Bleeding

Bleeding from the gums and mouth can be caused by irritation, sores in the mouth, infection, gum disease, decreased nutrition, some treatments such as chemotherapy and radiation, and some diseases.

**Signs and Symptoms of Mouth and Gum Bleeding**
Check daily for the following symptoms of mouth and gum bleeding:

- blood or bruises in mouth
- rash or bright red pinpoint dots on tongue, under tongue, on roof of mouth, or inside the cheeks

**What You Can Do**

Use swabs, toothettes, or a damp cloth to clean the teeth and gums. Avoid using a toothbrush or flossing. If the teeth and mouth cannot be wiped, use a mouth rinse. Avoid mouth rinses with alcohol that can increase soreness. You may want to use a solution of 1/2 teaspoon of baking soda and 1/4 teaspoon of salt in a glass of warm water to rinse the mouth.

Avoid lemon, glycerin swabs which can dry the mouth.

Avoid carbonated beverages and course foods like hard bread, crackers, potato chips, or pretzels.

Avoid hot foods, hot coffee and tea. Heat may cause more bleeding.

Eat cold, soft foods such as ice cream, yogurt, and applesauce, if able. Drink cold juices such as apricot, pear, or peach. Cold foods may help control bleeding.

Avoid products containing aspirin that can increase bleeding.

Call your Arbor Hospice team if you notice any unusual symptoms, such as:

- increased bleeding of the gums
- mouth discomfort
- sores in the mouth
- white patches on the tongue and inside the mouth

Please call your Arbor Hospice team any time for any questions or concerns you may have about bleeding mouth and gums or if you notice any unusual symptoms. We want to be responsive to your needs and concerns.