

Langley Dentist Explains Common Causes of Bleeding Gums

200th Street Langley Dentist highlights common reasons for bleeding gums and when persistent symptoms may require professional dental care.

LANGLEY, BRITISH COLUMBIA, CANADA, August 19, 2026 /EINPresswire.com/ -- Bleeding while flossing is common, but persistent bleeding may indicate that the gums need additional attention. [200th Street Langley Dentist](#) is highlighting several possible causes, ranging from plaque buildup and improper flossing technique to more advanced gum disease.

Flossing plays an important role in removing plaque and food particles from areas that a toothbrush may not fully reach, particularly between teeth and along the gumline. When plaque remains around the gums, inflammation can develop and may lead to gingivitis.

Gingivitis is an early stage of gum disease that can cause redness, swelling, tenderness and bleeding during brushing or flossing. Improving daily oral hygiene can often help address early gum inflammation before it progresses.

Bleeding may also occur when floss is used too aggressively. Snapping floss into the gums or applying excessive pressure can irritate delicate gum tissue and cause localized soreness or bleeding.

Another possible cause is tartar. When plaque hardens into tartar, it cannot be removed through regular brushing or flossing and typically requires professional [dental cleaning](#).

When gingivitis remains untreated, it can progress to periodontitis, a more advanced form of gum disease that affects the tissues and bone that support the teeth. Warning signs can include receding gums, persistent bad breath, discomfort while chewing, loose teeth, or pus around the gumline. If you see any of these symptoms, you should visit your local dentist for a dental



cleaning for a deeper assessment of your overall oral health.

For most people, occasional bleeding is not necessarily a reason to stop flossing. Gentle and consistent cleaning between the teeth remains an important part of oral hygiene. Interdental brushes, water flossers and floss picks may also help some individuals clean difficult-to-reach areas.

A visit to a [dental clinic](#) may be needed when bleeding occurs regularly, continues despite consistent gentle oral care, becomes difficult to stop, or appears alongside swelling, pain, gum recession or loose teeth.

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