



Oxfordshire Community Dental Service

Acute necrotising ulcerative gingivitis (ANUG)

Contents

What is ANUG?..... 3

Symptoms of ANUG 3

What causes ANUG? 3

How can ANUG be diagnosed?..... 4

How can it be treated? 4

Improving oral hygiene..... 6

Food and drink for healthy teeth 6

Advice from your dental professional..... 7

Accessibility 8

Get in touch..... 8

Feedback 8

What is ANUG?

It is a painful form of infection involving bleeding, swelling and ulceration of the gums, often accompanied by a bad smell and taste.

Symptoms of ANUG

- ! painful gums
- ! red and swollen gums
- ! bleeding gums, may be profuse
- ! crater-like ulcers between teeth
- ! horrible or altered taste
- ! bad smelling breath (halitosis)

What causes ANUG?

- i stress - particularly exam times, lack of sleep
- i poor oral hygiene
- i smoking
- i immunodeficiency
- i other throat and mouth infections

How can ANUG be diagnosed?

If you think you have any of the above symptoms, it is a good idea to book an appointment with your dentist to have an examination.

How can it be treated?

This disease affects the gums and if left untreated can lead to tooth loss.

Improve oral hygiene

- ✓ Cleaning between teeth with special brushes and using mouthwashes.
- ✓ Chlorhexidine mouthwash may help reduce the bacterial infection and bleeding.
- ✓ Once the severe symptoms are controlled and brushing can be carried out more comfortably, it is time to get your teeth cleaned professionally.

Antibiotics

It may be necessary to have a prescription for antibiotics.

A three-to-five-day course will usually help to reduce the infection, enabling better brushing to be carried out.

You should not take alcohol while taking antibiotics.

Smoking

If you are a smoker, try to reduce or stop smoking at least during the most painful stages.

Your doctor's surgery will be able to give advice on this.

Diet and lifestyle

Try to maintain your general health and nutrition, drink plenty of water and reduce stress as much as possible.

Treatment includes

- i** Improving oral hygiene including interdental cleaning with floss or brushes.
- i** Rinsing with warm salt water or chlorhexidine mouthwash.
- i** Metronidazole antibiotic may need to be prescribed, depending on the severity of the infection.
- i** Pain relief if necessary.
- i** Professional cleaning following control of symptoms.

Improving oral hygiene



Brush your teeth twice a day, once before bed and at one other time.



Brush for 2 minutes using a family fluoride toothpaste. Spit don't rinse.

Use:



- 1350ppm-1500ppm fluoride toothpaste
- Dental floss and interdental brushes (which clean in between your teeth).



Visit your dentist regularly, as often as recommended.

Food and drink for healthy teeth



Drinks without sugar like milk or water help protect your teeth.



Savoury foods like vegetables, nuts and cheese are good for your teeth



Reduce how often you have sugary foods/drinks. Try to keep them to mealtimes only.

Good oral health can help prevent:

- ✔ Tooth ache, tooth decay, gum disease and bad breath.
- ✔ Heart disease, stroke, premature birth.

Advice for you from your dental professional

Use this **QR code** to find all Oxfordshire Community Dental Service leaflets. You can also access them in an accessible format.



Accessibility

An accessible version of this leaflet can be found on our website: www.oxfordhealth.nhs.uk/cds

If you need the information in another language or format, please contact us.

Get in touch

Address	Oxford Health NHS Foundation Trust Oxfordshire Community Dental Service Trust Headquarters Littlemore Mental Health Centre Sandford Road, Oxford OX4 4XN
Phone	01865 904040
Email	Oral.Health@oxfordhealth.nhs.uk
Website	www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone	0800 328 7971
Email	PALS@oxfordhealth.nhs.uk