



LS Dental

Ipoh · Dr. Kent Teoh

PATIENT GUIDE

When medicine makes gums **grow**

A few common medicines can make the gums swell and pile up over the teeth. It's manageable — and worth knowing about.

● **Blood-pressure pills**

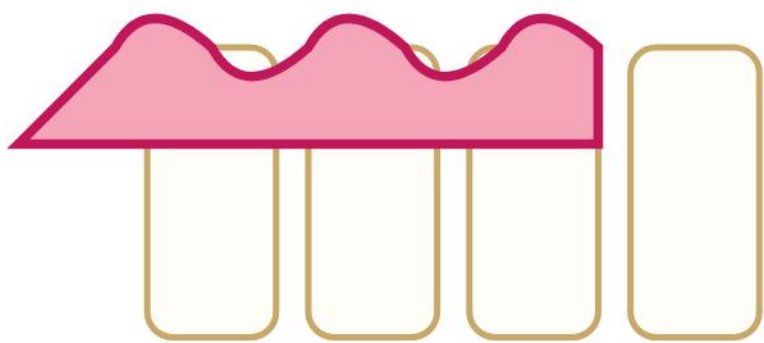
● **Epilepsy medicine**

● **Transplant medicine**

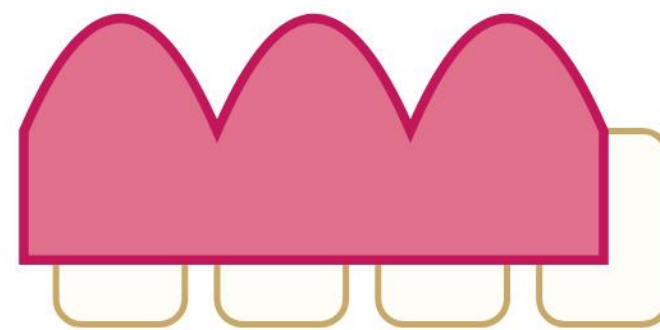
When gums **overgrow**

Some medicines can make gum tissue **swell and multiply**, so the gums slowly pile up over the teeth. It usually starts between the teeth and, left alone with plaque, can grow enough to **cover the teeth** and make cleaning hard.

NORMAL



OVERGROWN



gums pile up over the teeth

Three medicine groups

Most cases come from one of three well-known groups. If you take one and notice your gums changing, it's worth mentioning — **but never stop a prescribed medicine on your own.**

BLOOD PRESSURE

Calcium-channel blockers

e.g. **amlodipine**, **nifedipine** — used for high blood pressure and angina.

EPILEPSY

Phenytoin

a long-used medicine to **control seizures.**

TRANSPLANT

Ciclosporin

an **immune-suppressing** medicine after organ transplant.

Important: these medicines are doing an important job. The gum change is a manageable side effect — the answer is teamwork between your dentist and doctor, not stopping treatment.

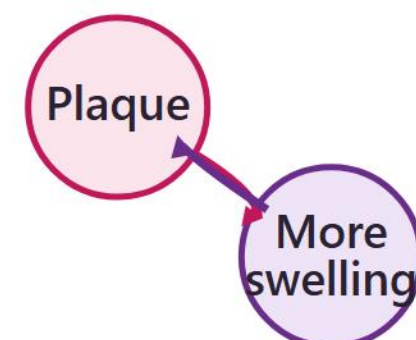
What it looks like & why

The overgrowth is usually **firm and painless** at first. The single biggest thing that makes it worse is **plaque** — so cleaning is both the cause-control and the treatment.

• What you may notice

- Gums **swelling up between the teeth** first
- Firm, lumpy gums that creep over the teeth
- Bleeding, and trapped food that's hard to clean
- Trouble chewing or speaking; a changed smile

The plaque cycle



The lever you control: excellent daily brushing and flossing keeps plaque low — which keeps the overgrowth smaller and easier to manage.

How it's managed

Most cases settle a lot with good cleaning and teamwork. Surgery is only for the stubborn ones — and it can return if plaque creeps back.

● The steps

- 1. Tell your **dentist and doctor** — don't stop the medicine yourself
- 2. Professional cleaning + excellent home cleaning shrinks much of it
- 3. Your doctor may **switch to another medicine** if suitable
- 4. If it's severe, a minor gum trim (gingivectomy) reshapes it



It can come back: if plaque control slips or the medicine continues, so regular check-ups and cleaning keep it in check.

Gums swelling since starting a new medicine?

Bring your medicine list — we'll check your gums, get you clean, and work with your doctor on the rest.



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