

Dental Health

for Individuals with Bleeding Disorders

Having a bleeding disorder does not make you more likely to have dental problems, but lack of preventative dental care complicates the dental care you require, increases the risk of potential bleeding problems and your cost of care. **Good Preventative Dental Care is as easy as 1-2-3!**

1. Brush with a fluoride toothpaste every morning and night. You can always brush more if you want.
2. Floss at least daily. It is normal to see a small amount of blood when you floss; however, this is more common when you do not floss regularly.
3. See your dentist at least twice a year for routine cleaning and an oral examination.

Always call the IHTC Dental Hygienist prior to having a dental procedure performed. The IHTC Dental Hygienist helps to coordinate your dental health needs. Here are some of the things the IHTC Dental Hygienist can do for you:

- » Answer your general dental hygiene questions
- » Help you find a dentist in your local area
- » Provide you with information about the Delta Dental Insurance Plan offered in partnership with Hemophilia of Indiana
- » Provide fluoride testing water kits without charge for pediatric patients with well water
- » Provide advice for treatment of oral bleeding episodes
- » Communicate with your dentist regarding your hematologist's recommendations for clotting factor concentrate, DDAVP/Stimate or antifibrinolytic use before and after your dental procedure

Ongoing communication with the IHTC Dental Hygienist improves your care, reduces the likelihood of having a negative dental experience, and supports you in achieving an optimal outcome.

