

“Oral Hygiene: Why is it so Important?”

For patients with hemophilia, dental care and mouth hygiene are imperative. Daily brushing and flossing with regular visits to the dentist are necessary to prevent gum disease and build-up of dental tartar, which will increase bleeding tendency and accelerated decay. If dental hygiene is neglected, a vicious cycle of increasing gum disease and bleeding that will prevent or scare you away from brushing and flossing will be generated. Prevention is everything!

In compliance with the guidelines of the World Federation of Hemophilia, we recommend the following:

- Brush twice daily with a fluoride toothpaste
- Use a toothbrush with medium texture bristles
- Use interdental cleaning aids, such as floss, tape, and interdental brushes to prevent cavities
- Use mouth rinses containing antibacterial and astringent ingredients such as chlorhexidine gluconate
- Limit the consumption of foods and drinks with high sugar or acid contents. Three exposures per day, with meals, is the recommended maximum.
- See your dentist regularly, ideally every 6 months

For more information, visit the American Dental Association patient education website @ MouthHealthy | MouthHealthy - Oral Health Information from the ADA

*Retrieved from UC San Diego Health Hemophilia and Thrombosis Treatment Center



WHAT IS GOOD DENTAL HYGIENE?

USE PROPER BRUSHING TECHNIQUE
Brush at a 45-degree angle to your gums and use short strokes across your teeth. Make sure to focus on the backs of your teeth where plaque often builds up.

PICK THE RIGHT BRUSH
Look for a brush whose head and bristles are small enough to reach into the crevices of your molars; most adults require a small- or medium-sized toothbrush for this purpose.

LOOK FOR THE ADA SEAL
This seal ensures you're using a product the ADA guarantees will do a safe and thorough job every time you brush.

FLOSS PROPERLY
Keep in mind the floss should rub against the teeth in a motion that creates a forward or backward "C" shape, wrapping the floss around each tooth.

CHANGE YOUR BRUSH
Bristles deteriorate with time and usage, make a point of getting a new brush every three to four months.

VISIT YOUR DENTIST
Visit your dentist at least twice a year to have a full hygiene treatment performed; a comprehensive exam is taken with x-rays to help detect and prevent future dental treatments from occurring.

CLEAN YOUR TONGUE
Clean the surface of your tongue daily. Using a professional tongue cleaner can remove countless bacteria, particularly on the rougher top surface of your tongue.

WATER JETS
These are devices where pressurized streams of water are blasted out of the device to remove plaque from the areas between the teeth and can remove 99% more plaque than brushing alone.

DRINK WATER
Drinking water has several benefits. It also helps to rinse away particles from the mouth, decreasing the bacteria that could lead to plaque and decay.

QUIT SMOKING
Smokers may consider using toothpaste designed for smokers. They are specially formulated to combat bacteria and stains, which increase in the mouth from smoking.

World Hemophilia Day April 17th

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.