



Your Loyal 24/7 Health Partner

**A COMMITMENT TO A
HEALTHY, BEAUTIFUL SMILE**



ACCREDITED

Specialty Pharmacy
Expires 02/01/2026

**partnering
together for
optimal patient
outcomes**



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A COMMITMENT TO A HEALTHY, BEAUTIFUL SMILE

Open communication between dentists and patients with bleeding disorders is crucial for ensuring proper oral health. Please discuss your condition, medical history and any medications with the office prior to your arrival. If you feel uncomfortable in any way, please ask the dentist to call you.

Dentists are an important part of your medical team and should be equipped for anything. By providing your medical history, your dentist can customize your treatment plans to suit your needs and take necessary precautions to minimize bleeding risks.

Your comfort level with the practice and its team is of utmost importance. Ask questions and share any concerns. Understand your treatment options, preventive measures and oral hygiene techniques. This empowers you to take an active role in maintaining your oral health.

INFORMATION THE DENTAL PRACTICE SHOULD KNOW

- When making the appointment, make sure they know your bleeding disorder type and severity.
- Describe medications you are taking.
- Share any preventative medication.
- Explain if you pre-treat bleeds with factor, desmopressin acetate nasal spray, tranexamic acid or Amicar. Desmopressin acetate nasal spray will not work if you have Hemophilia B.
- Share your hematologist's contact information.
- Also let the dentist know if you have one of the following:
 - an inhibitor
 - an infectious disease
 - joint replacement
 - venous access device (port)

IMPORTANCE OF GOOD ORAL HEALTH

It's not unusual to neglect your teeth or trips to the Dentist because you fear bleeding. Over time, neglect will lead to larger problems including gingivitis, periodontitis and cavities.

Do your gums bleed when you brush or floss your teeth? You may have gingivitis. Don't worry; it can be reversed with dental treatment and good home oral care.

If your gums are swollen for a long time, pockets may form between the tooth and the gum. Tartar, plaque and bacteria can form and cause severe infection and possibly tooth loss.

our experts
are ready to
collaborate
with you
24 hours a day,
365 days a year



TIPS FOR DENTAL HEALTH

PREVENTION IS THE BEST TREATMENT

We encourage you to perform the following:

- Brush your teeth with fluoride toothpaste for at least 2 minutes twice a day with a medium-texture toothbrush.
- Floss your teeth at least once a day.
- Avoid habits that might cause injury in the mouth or tooth fractures.
- Avoid chewing hard, sticky foods.
- Get regular dental checkups, every 6-12 months.
- Limit sugary food and drink.
- If you smoke, have a dry mouth or take certain medications, you may need to have a professional cleaning more often.

IMPORTANT SYMPTOMS TO OBSERVE

- Swollen or puffy gums.
- Gums that bleed easily.
- Painful chewing.
- Pink-shaded toothbrush after brushing.
- New space development between your teeth.

WHAT TO DO IF GUM BLEEDING WON'T STOP

If you have to schedule any type of extraction, it's important to let your pharmacist know. Your physician may provide you with a prescription for Amicar or tranexamic acid.

Even after taking tranexamic acid or Amicar, some patients may still experience repeat bleeding. It's important to contact your dentist or hematologist immediately. They may want you to use factor to assist. They may want you to use Amicar or tranexamic acid topically as an alternative.

If your dentist and hematologist instruct you to use factor and the bleeding stops, but then resumes 2 to 3 days later, contact them immediately. Only eat cool, soft food after a dental procedure to reduce the chance of further bleeding.

POSSIBLE MEDICATION SIDE EFFECTS

MEDICATIONS THAT CAN CAUSE ENLARGED GUM TISSUE:

ANTICONVULSANTS

Depakote, Phenytoin, Primidone, Zarontin

IMMUNOSUPPRESSANTS

Cyclosporine, Sirolimus

BLOOD PRESSURE MEDICATIONS

Amlodipine, Diltiazem, Felodipine, Verapamil

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MEDICATIONS THAT CAN CAUSE DRY MOUTH:

ANTIDEPRESSANTS

Wellbutrin, Lexapro, Zoloft

DECONGESTANTS

Phenylephrine, Pseudoephedrine

CERTAIN ANTIHISTAMINES

Benadryl, Diphenhydramine, Chlor-Trimeton, etc.

CERTAIN BLOOD PRESSURE MEDICATIONS

Diuretics (HCTZ, Furosemide, Torsemide)



LOSING BABY TEETH

It is important for baby teeth to fall out on their own. Do not pull the tooth. Removing a loose tooth before it's ready can irritate gums, cause bleeding and injure the tooth socket.



Tips for baby tooth loss:

- Roll up cotton gauze or a moist tea bag and place it where the tooth was. Be sure to have the child bite down on the gauze. Apply pressure for several minutes.
- Do not rinse out your child's mouth.
- Only let the child eat soft foods for a couple of days.
- If bleeding lasts for more than 2 hours, contact your hematologist.

PAIN WITH DENTAL PROCEDURES

Dentists may recommend that you take Tylenol (acetaminophen) or Celebrex (celecoxib). If you do not have cardiovascular issues, Celebrex can help with pain and inflammation. Tylenol assists with pain only.

Ibuprofen, naproxen, aspirin, and most other NSAIDs are **generally NOT recommended** for bleeding disorder patients. They can inhibit platelet function and may make a bleed worse. If your dentist prescribes any of these medications, double check with your hematologist before taking them.

If your pain is not controlled within 10 days, you should follow up with the dentist to make sure that you do not have an infection.

ALWAYS ROTATE YOUR FACTOR

When you receive a new shipment of factor, be sure to take a note of your PRN factor. If the expiration date is approaching, use that medication first before it expires. Always look at the expiration date before you use your medication.

If you have expired factor, DO NOT USE IT. Call your pharmacy for proper disposal. If you use expired factor, you may not receive the full effect of the dose, and it may not bring your factor level to the desired range. Call your pharmacist to work with your physician to provide you with factor that is not expired.



GENERAL DENTAL GUIDELINES

WHAT CAN A DENTIST PERFORM WITHOUT CONSULTING A HEMATOLOGIST?

- Exam
- X-ray
- Restoration
- Fluoride application
- Impression making

CONSIDER CONSULTING A HEMATOLOGIST

- Orthodontic treatment
- Pulp treatment
- Stainless steel crown
- Rubber down clamp

WHEN TO STOP AND CONSULT A HEMATOLOGIST

- Interior dental block
- Lingual local anesthesia
- Oral surgery
- Root debridement
- Periodontal surgery
- Implant placement
- Tooth extraction

Meet
Mark Rosenberg,
PharmD.,
Nevada
Pharmacy
Manager



*Learn how
Fidelis Specialty
Pharmacy
services support
hemophilia
patients to live
their best life.*



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