How often do you visit the dentist, brush your teeth, or floss your teeth and gums?

Guidelines for Good Dental Health:
- Visit the dentist at least once a year — preferably every 6 months, especially for children
- Brush after every meal, or at least in the morning and at bed time
- Floss every day

Reasons to Care for Your Teeth:
- Brushing removes plaque that can rot your teeth and cause gum disease
- Flossing removes plaque between teeth and around the gums
- Using toothpaste with fluoride can help prevent cavities
- Children’s teeth can have the same side effects — parents should help toddlers with brushing
- Baby teeth can be affected and should be cleaned with water and a cotton gauze pad

When you first start flossing, your gums may bleed. As you continue to floss, your gums will become more healthy and strong and will bleed less — typically factor is not needed.

By following these tips, you can help prevent extensive dental repairs and the need for additional factor infusions.

Remember:
- Treat BEFORE any dental work such as fillings, root canals, tooth extractions, or other invasive procedures. Check with your hemophilia treatment center (HTC) before any dental procedures for specific instructions.
- If you have a port or central line in place, check with your HTC for possible antibiotics before any dental work.