



Taking care of your teeth and gums reduces the risk of cavities and gum disease. Surgeries or other procedures may be delayed if you have poor oral health.

Limit sugary foods and drinks. Sugar turns into acid on teeth and can cause cavities. Eat a healthy diet. You are less likely to get gum disease if you eat healthy foods.

Visit the dentist every 6 months for routine checkups and cleanings. Contact us if you do not have dental coverage to discuss what is available.

Young Adults

- ✓ Be sure to brush teeth twice daily with fluoride tooth paste and floss once daily.
- ✓ Usually by age 11-14 all permanent teeth have come in (except for wisdom teeth).
- ✓ If you need braces, your dentist may refer you to an orthodontist. Very good home care is needed while wearing braces to avoid tooth and gum problems from plaque buildup.
- ✓ Wisdom teeth may come in around age 16-20. Your dentist will take an x-ray to see if your wisdom teeth need to be removed. If they need to be removed, your dentist may refer you to an oral surgeon. Be sure to call the hemophilia center before the appointment to remove the wisdom teeth.
- ✓ DO NOT smoke. Smokers have more teeth and gum problems than non-smokers.

Adults

- ✓ Be sure to brush teeth twice daily with fluoride tooth paste and floss once daily.
- ✓ Keep dentures, retainers and other appliances clean. This includes brushing them regularly. You may also need to soak them in a cleansing solution.
- ✓ Replace your toothbrush every 3 to 4 months or sooner if needed. A worn-out toothbrush will not clean your teeth as well.
- ✓ DO NOT smoke. Smokers have more teeth and gum problems than non-smokers.
- ✓ Limit alcohol. Drinking a high amount of alcoholic beverages is a risk factor for oral and throat cancers. Alcohol and tobacco used together are the primary risk factors for these cancers.
- ✓ Contact your treatment center if you need a tooth removed or other dental procedures.