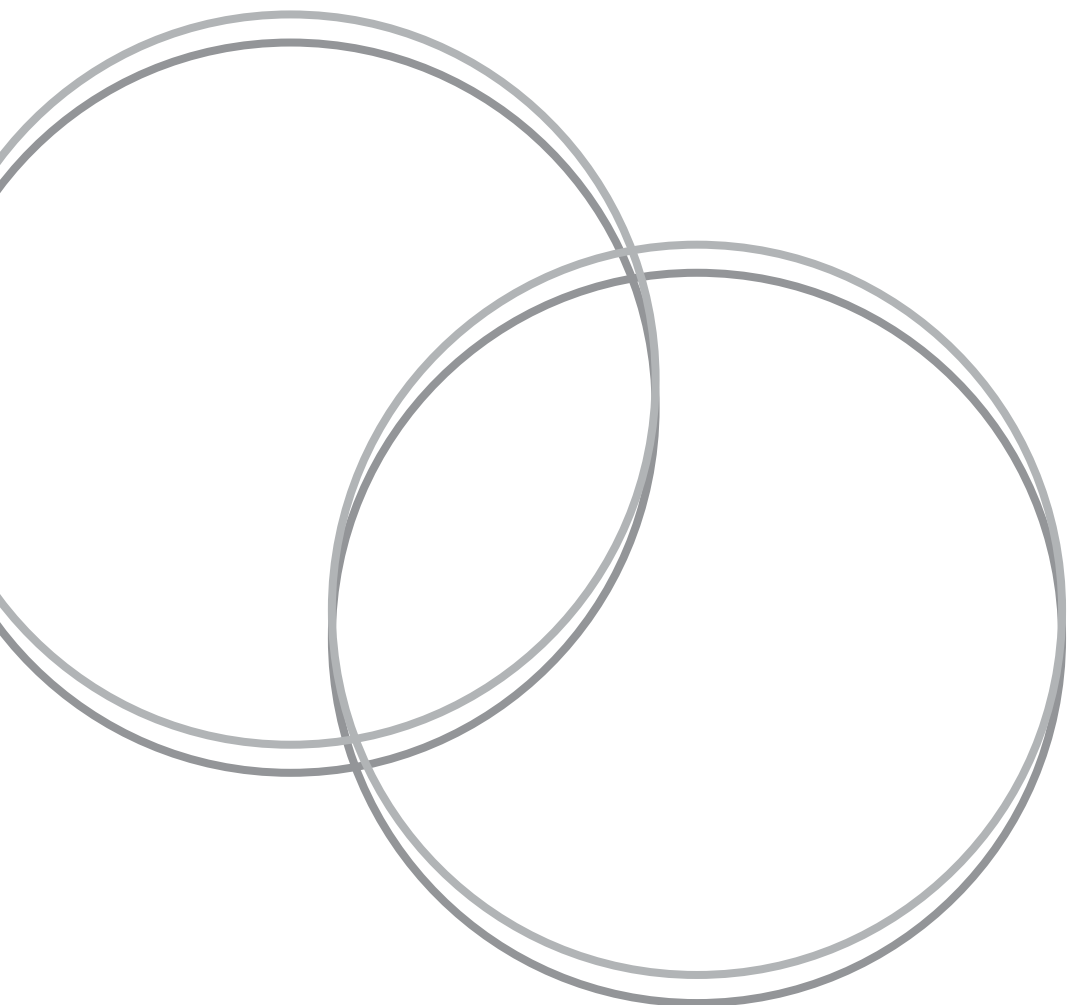




Oxford University Hospitals  
NHS Foundation Trust

# **Dental Care** *for Children with a* **Bleeding Disorder**

**Information for parents and carers**





It is important for children with bleeding disorders to take good care of their teeth and gums. Regular visits to the dentist will reduce the chance of future problems, such as extractions or mouth infections.

## **Visiting the dentist**

Your child can see their own dentist for routine care, such as check-ups, X-rays, fissure sealants, fillings and cleaning, etc. You should tell their dentist about your child's bleeding disorder. They can contact your child's Haemophilia Treatment Centre for more information, if needed.

Should your child need a tooth extraction or certain injections, your dentist should contact the Haemophilia Treatment Centre. These types of treatment may need to be provided at a specialist centre.

Your child's dentist will advise you and your child on how best to avoid dental problems. Every child with a bleeding disorder should see their dentist regularly.

## **TOP TIPS**

- Use a soft, child-sized toothbrush to brush your child's teeth twice a day.
- Children over two years old should have their teeth brushed with a full strength fluoridated toothpaste.
- For children under two, you should ask their dentist about which toothpaste to use.
- Give your child only milk and water to drink during the day.
- Give them only water to drink at night.
- Avoid fizzy drinks, juice and diluted sugary juice drinks.
- Restrict sweets and sugary foods.
- Take your child to see the dentist by the time they are one year of age.
- Make sure they have a check-up at least every six months.
- Let us know about any problems your child may have!

# **What happens if my child needs to have a tooth taken out?**

Don't worry! Please let us know as soon as possible, so that we can organise for this to be done.

Your dentist will need to send a referral to East Oxford Health Centre, as we work closely with them.

If your child needs a general anaesthetic, we can help organise this with the Maxillo-facial team at the Children's Hospital in Oxford.

# **What treatment can I give at home?**

## **Tranexamic acid**

We will advise you what treatment can be given at home. Usually this will consist of an anti-fibrinolytic medication called tranexamic acid.

Tranexamic acid can come as either a liquid or tablet. It is best to have a supply of tablets at home in the event that it is needed quickly, as the liquid should only be kept for up to 1 month, if opened, or 2-3 months if unopened.

For younger children, the tablet can be crushed and added to a little water, juice or yogurt.

Please ask for our leaflet on tranexamic acid.

## **Factor concentrate**

Some children may need an extra dose of factor concentrate before any procedure. We will discuss this with you and advise you if it is needed.

## Frequently asked questions

- **What if my child's gums start to bleed?**

Bleeding gums can be related to gum disease or poor brushing technique. Speak to your child's dentist about this. If your child suffers an injury that causes bleeding from their gums or teeth, please give the Paediatric Haemophilia team a call on the telephone numbers at the end of the next section leaflet.

- **Does my child need to see a special dentist?**

No. Your child can have check-ups with your usual family dentist. If your dentist notices any problems with your child's teeth, they can contact the Paediatric Haemophilia team for advice.

## How to contact us

We want you to feel reassured that all your questions are answered. Speak to your family dentist for advice on how to look after your child's teeth effectively. If you have any further questions, please contact the Paediatric Haemophilia team.

Tel: **01865 226 562**

(9.00am to 5.00pm, Monday to Friday)

Email: [paediatric.haemophiliaclinic@ouh.nhs.uk](mailto:paediatric.haemophiliaclinic@ouh.nhs.uk)

## **Further information**

You may also find useful information on the following websites:

### **The Haemophilia Society**

**[www.haemophilia.org.uk](http://www.haemophilia.org.uk)**

This is the only national, independent charity for all people affected by bleeding disorders. The website has useful information for patients, families and schools. They organise weekends away for newly diagnosed families and inhibitor patients, as well as many other events, some which our parents and patients get involved in and find helpful.

### **The World Federation of Haemophilia**

**[www.wfh.org](http://www.wfh.org)**

This website has useful patient information on a wide range of bleeding disorders. It is useful if you are travelling and has details of Haemophilia Centres worldwide.

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

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Author: Marie Eales  
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Oxford University Hospitals NHS Foundation Trust  
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