

Oral

Anticoagulant

Therapy

Important information

for dental patients

General guidelines

It is important that you follow the advice in the booklet you were given when you started taking your anticoagulant medicine.

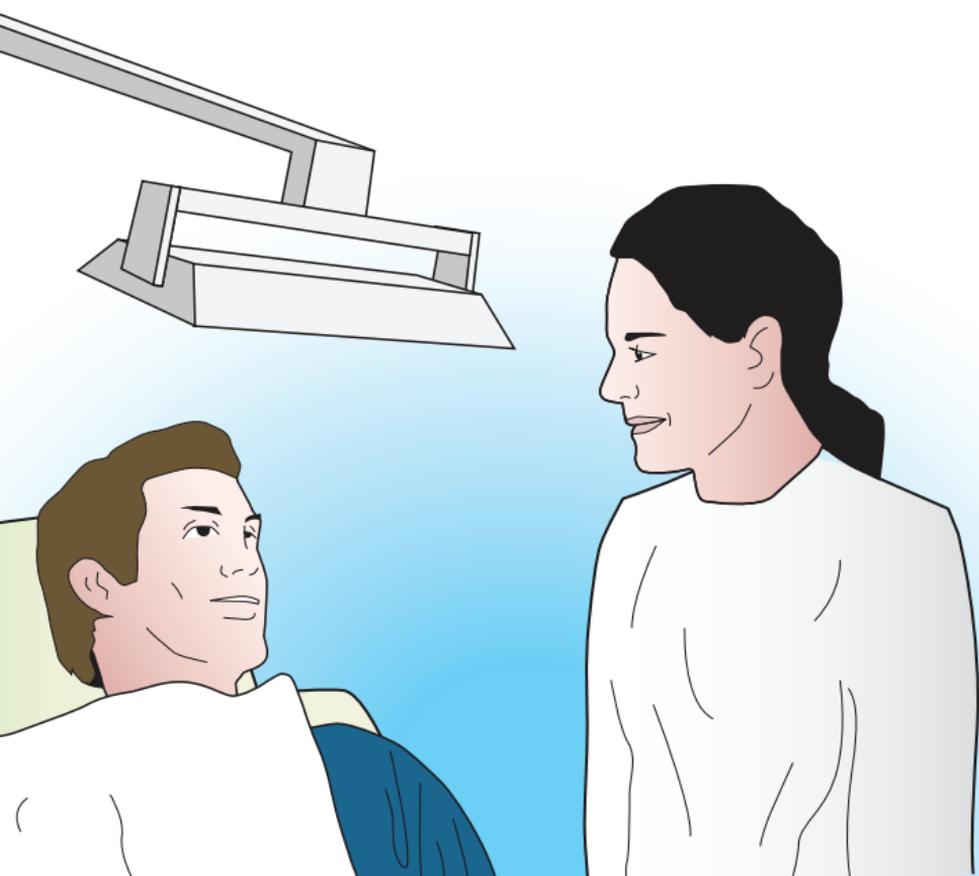
Taking anticoagulants can make it more difficult for your blood to clot. For this reason certain types of dental procedure, such as having a tooth removed, can cause you to bleed more easily and for longer than other patients.

Before your treatment

When you make an appointment, tell the dental surgery that you are taking an anticoagulant medicine.

Remind your dentist before any dental treatment begins that you are taking an anticoagulant medicine.

Your dentist may ask you to have an extra blood test just before your treatment. This is to make sure that you do not bleed too much during or after the procedure. It is important that you attend this blood test because your dentist will want to have up-to-date information about how your blood will clot.



After your treatment

It is important that you look after the blood clot that forms so that you do not start bleeding again. You should:

- rest while the local anaesthetic wears off and the clot fully forms (this usually takes two to three hours);
- take some painkillers (not medicines like ibuprofen or aspirin, or products containing these medicines) on a regular basis for the first two days, starting as soon as possible after the treatment;
- avoid rinsing your mouth for 24 hours unless specifically advised to do so by a healthcare professional;
- avoid sucking hard or disturbing the clot with your tongue or anything else;
- avoid hot liquids and hard foods for the rest of the day;
- avoid chewing on the affected side until you are sure that a stable clot has formed. You should be careful not to disturb the clot;
- the day after treatment, rinse your mouth with warm salty water three or four times a day. This is a glass of warm, but not scalding, water containing a teaspoon of salt.

If bleeding continues or restarts

- You should apply pressure over the bleeding area using a folded, clean and damp handkerchief or gauze pad. The pad should be placed over the site of the bleed and you should bite down firmly for 20 minutes whilst sitting quietly in a chair.
- Avoid hot liquids and hard foods for the rest of the day.
- Avoid chewing on the affected side until you are sure that a stable clot has formed. You should be careful not to disturb the clot.

Contact your dentist if the bleeding does not stop.

If you have excessive or prolonged bleeding you should contact:

The surgery and out-of-hours/on-call dentist name and number should be inserted here.

Other medicines

Tell your dentist if you are taking any other medicines, herbal preparations or vitamin supplements including those that you have bought over the counter in a pharmacy or elsewhere.

Pain relief

Avoid taking medicines like ibuprofen or aspirin, or products containing these medicines. Your pharmacist will be able to advise you on this. Paracetamol should be used if you need pain relief, unless you are told otherwise.

It is often best to take the painkillers regularly for the first few days, starting as soon as possible after the treatment.

Antibiotics

Your dentist may prescribe antibiotics to stop you getting an infection after your dental treatment. It is important that you take the dose prescribed. You must take the container with you when you next go for a blood test so that the person monitoring you can read the information on the label.

It may be that you will need to have an extra blood test while you are taking antibiotics.

You should inform your anticoagulant clinic that you are taking antibiotics if you are not due to have a blood test for some time. You may be asked to come for a blood test earlier than planned.

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