

Oral Hygiene

Regular teeth brushing and cleaning between teeth helps to keep your teeth and gums healthy, and helps to prevent tooth decay and gum disease. Other things that may help include: mouthwashes, tongue cleaning, and eating a healthy diet, which includes limiting sugary drinks and foods. If you smoke, stopping smoking will improve oral hygiene. Have a dental check-up at least once a year.

Attending the Dentist

If you are on anticoagulation therapy it is fine to attend your own dentist for routine care such as fillings, root canal treatments and routine preventive care. Always tell your dentist:

- That you are taking Warfarin tablets
- Why you are taking Warfarin tablets and
- Always take your recent INR readings to your dental appointment.

Warfarin therapy does not need to be withdrawn or altered prior to most

treatments and teeth can be extracted safely as long as your INR is below 3.5 for 72 hours before the extraction. Your dentist will advise you how often you need to attend for check ups and give you information on how to prevent dental problems.

Frequently Asked Questions

Can I use my local dentist?

YES, anti-coagulation therapy such as warfarin and aspirin does not affect routine dentistry e.g. fillings, root canal treatments and routine preventive care can be carried out as normal by a General Dental Practitioner. Warfarin therapy does not need to be withdrawn or altered prior to most treatments and teeth can be extracted safely as long as your INR is below 3.5 for 72 hours before the extraction.

What happens if I need a tooth extraction?

This should always be co-ordinated with the Anticoagulation Clinic so that it can be carried out safely to prevent excessive bleeding. If you are having a tooth taken out or having a particularly deep injection

your dentist will ask you to have your INR checked no longer than three days before the appointment. Please contact the Anticoagulation clinic to schedule this appointment.

After an extraction your dentist will put a special pack in the socket and place some dissolvable stitches, this will stop any bleeding after a few minutes. Please inform the anticoagulation nurse at your next visit if your dentist has commenced you on new medications (e.g. course of antibiotics or pain medication). You do not need to inform the anticoagulation nurse if the dentist gives you one dose of antibiotics before the procedure.

In the event of a dental emergency contact your local dentist or Dublin Dental Hospital at: [01 612 7000](tel:016127000)

Information for Dentists

Patients on anticoagulation therapy can safely receive most of their dental care in general dental practice. Warfarin therapy does not need to be withdrawn or altered prior to most treatments and teeth can be extracted safely as long as the INR is below 3.5 for 72 hours prior to the extraction.

General Tips

Key recommendations from the British Committee for Standards in Haematology (BCSH) for the management of patients on oral anticoagulants requiring dental surgery is available at; www.bcsguidelines.org



Anticoagulation Therapy & Dental Care

Patient Information Leaflet

This leaflet is for general information only and is not a substitute for medical advice.



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