



exists to enhance the
quality of life for all affected
by bleeding disorders

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ORTHODONTIC TREATMENT

***This information sheet in no way constitutes medical or dental advice. Always consult your Hemophilia Treatment Center (HTC) or Hematologist's office before seeking any treatment.**

Orthodontics is a specialized area of dentistry that aims to improve the appearance and function of the teeth and increase self-confidence and satisfaction. Many children and adults have orthodontic treatment. Well-aligned teeth look good and feel good. They contribute to good dental health and the ability to speak, chew and bite. *Children and adults with hemophilia can equally benefit from orthodontic treatment. The American Academy of Orthodontics recommends that children have their first orthodontic evaluation at age 7. *This is a good time to tell the hematologist that orthodontic treatment is planned.*

There are some important simple nuts and bolts of all orthodontic treatment:

1. Orthodontic procedures can be done successfully when treatment is planned by the orthodontist and HTC or hematologist together.
2. There are many types of orthodontic treatment ranging from simple tooth movement to complex jaw surgery. All of these should be available to someone with a bleeding disorder.
3. Good oral hygiene is important. Tooth brushing and flossing are essential. The orthodontist may recommend a Water Pik to help remove food debris from around brackets, a fluoride rinse to help prevent decay or other dental hygiene aids such as a platypus flosser.
4. The HTC or hematologist may recommend the use of a clotting agent when spacers and/or bands are placed.
5. A gentle finger sweep should be done each day. Take the index finger and place it at the rear of the mouth and gently move it along the teeth to identify any sharp wires. Left alone these may cause trauma to the cheek and gum tissue resulting in bleeding. Cover any sharp areas with wax. Contact the orthodontist and arrange an appointment to adjust the wires.

Who will pay for orthodontic treatment?

- Orthodontic treatment is usually covered in part by a commercial dental insurance policy.
- Medicaid does not cover orthodontic treatment.
- Under special circumstances Children's Special Health Care may provide some pediatric orthodontic care.
- Adult orthodontic treatment is rarely covered by any insurance.
- Orthodontic treatment at a nearby dental school is often less expensive.

How can I find a good orthodontist?

- Your dentist is a good resource.
- Your HTC or Hematologist's office may know of an orthodontist who has treated other patients.
- Ask parents of your child's friends.
- With a little teaching from you and the HTC or Hematologist's office, an orthodontist who has never treated a patient with hemophilia can be an excellent provider.