How to Take Care of Your Teeth
For congenital heart patients

This section of the Congenital Heart Conditions notebook tells how to care for your teeth and what to tell your dentist when you have a heart condition.

Good dental habits can help prevent bacteria from entering your bloodstream and causing a life-threatening heart infection. Visit your dentist for cleaning and a checkup every 6 months.

Daily Dental Care
In addition to routine checkups, adults with heart conditions should:

- Brush with a soft toothbrush twice a day, once in the morning, and once before going to bed.
- Floss carefully once a day, taking care not to hurt your gums.
- Check with your dentist or doctor if your gums bleed.

Tell Your Dentist
Be sure to tell your dentist:

- You have a heart condition
- If you have had any heart or valve surgeries
- If there has been any change in your heart condition
- The names and doses of all medicines you take, especially blood thinners such as warfarin (Coumadin)
- The names and phone numbers of your doctors and other health care providers.

Questions?
Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Regional Heart Center
Adult Congenital Heart Disease Program:
206-598-1764