

Contacts and Numbers:

Hematologist:

Surgeon or Dentist:

Other Information:

Pillars of Chronic Disease Management Program Design

Exercise

- Community based supervised exercise and rehabilitation programs providing personalized exercise prescription
- Education sessions
- Group and social support

Disease-Specific Management

- Inter-professional team working closely with individuals, their family, Family Physicians and Specialists.
- Evidence-based optimal care delivery.

Self-Management

- Individualized plan of action for patients
- Peer-led support classes through the LiveWell with Chronic Conditions Program
- Enhance self-management skills

Provincial Program

- Saskatoon and Regina Clinics
- Pediatric and Adult
- Hospital and Community

Saskatchewan Bleeding Disorders Program (SBDP)

Royal University Hospital
103 Hospital Drive, Box 113
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E-mail: sbdp@saskatoonhealthregion.ca

<http://www.saskatoonhealthregion.ca> -
click on "Your Health, Programs & Services, and
look for Chronic Disease Management and then
Saskatchewan Bleeding Disorders Program.



Saskatchewan
Health



Saskatchewan Bleeding Disorders Program
Funded by Saskatchewan Health
Supported by Health Regions in Saskatchewan
www.health.gov.sk.ca/bleeding-disorders

Program Hours:

Monday - Friday

8:00 a.m. - 4:30 p.m.



Saskatchewan
Bleeding Disorders
Program (SBDP)

**Surgery and Dental
Procedures and
Your Bleeding Disorder**

If you have a bleeding disorder, mild, moderate, or severe, you may have excessive bleeding after surgery, dental work or even minor invasive procedures. Invasive procedures include:

- dental fillings
- dental extractions and restorations
- biopsies
- minor surgery
- any other procedure where bleeding can occur

Most procedures can be done safely with adequate treatment and monitoring. It is important that you **plan ahead**, because this allows the health care professionals who are looking after you to develop a plan so that the procedures can be done as safely as possible. Preparations can also be made to deal with any bleeding problems that may occur.

General Considerations:

- Procedures should be done early in the day and early in the week, so that if any complications arise they can be dealt with more easily.
- Most factor replacement products need to be given ½ to 1 hour before the procedure. Blood tests may be needed before and after the procedure to monitor how well the treatment is going.

- Sometimes a test to find out how well the clotting treatment works may need to be done before the surgery or procedure is booked.

Following Your Surgery or Procedure:

- Follow the advice of your Hemophilia Treatment Centre (HTC) and hematologist regarding what to do if you experience more bleeding and/or pain than you were told was usual. If you are unsure of what to do, go to your nearest Emergency Department for assistance.
- Use any of the following: rest, ice, compression and elevation (RICE) as appropriate, until pain and swelling have gone away.
- Contact your HTC or hematologist if you have any concerns.

What You Need To Do:

- Contact your HTC, or hematologist regarding the date and type of procedure that is being planned. This should be done as early as possible, preferably two or more weeks prior to the procedure. This will avoid cancelling your procedure.
- Tell your surgeon or dentist that you have a bleeding disorder and provide them with the name of your HTC and hematologist.

- Contact the HTC or your hematologist to ensure a management plan is in place.
- Determine if any fees are associated with your procedure prior to contacting the HTC or hematologist. Dental services including those provided in a hospital are not insured; the cost is set by legislation and the dental service can advise you.
- Discuss medication costs with your Nurse Coordinator and Hematologist.
- Ask your surgeon/dentist what to expect following the procedure.
- Follow the treatment plan set up by your HTC and hematologist.

What Can You Expect From Your HTC and Hematologist:

- Communication with other health professionals involved in your care.
- Development of a plan of care specific to your bleeding disorder and type of procedure.
- Advice regarding what to do if bleeding problems occur in the days following the procedure.