

## Use of antibiotics to prevent infective endocarditis

- Patients who have surgery at Elite Sports Medicine **do not** require antibiotics prior to dental work.
- The American Heart Association recently updated its guidelines regarding which patients should take a precautionary antibiotic to prevent infective endocarditis (IE) before dental work.
- The guidelines, published in *Circulation: Journal of the American Heart Association*, are based on scientific evidence that shows that, for most people, the risks of taking prophylaxis antibiotics for certain procedures outweigh the benefits.
- The new guidelines show taking preventive antibiotics is not necessary for most people and, in fact, might create more harm than good. Unnecessary use of antibiotics could cause allergic reactions and dangerous antibiotic resistance.

Only people with the greatest risk of bad outcomes from (IE) (an infection of the heart's inner lining or the heart valves), should receive short-term preventive antibiotics before common, routine dental and medical procedures. These patients with the greatest risk include those with:

- artificial heart valves
- a history of having had IE
- certain specific, serious congenital (present from birth) heart conditions, including:
  - unrepaired or incompletely repaired cyanotic congenital heart disease, including those with palliative shunts and conduits
  - a completely repaired congenital heart defect with prosthetic material or device, whether placed by surgery or by catheter interventions, during the first six months after the procedure
  - any repaired congenital heart defect with residual defect at the site or adjacent to the site of a prosthetic patch or prosthetic device
- a cardiac transplant which develops a problem in a heart valve