



3851 Piper Street, Ste U340 Anchorage, AK 99508

Phone 907-562-0321

## Low Platelet Count

---

A low platelet count decreases the body's ability to form clots. When the platelet count drops to less than 50 thousand you may bleed more easily. If your platelet count drops below 20 thousand and you have signs of bleeding, you may need a platelet transfusion.

### Self-Care Measures:

- Use a soft toothbrush for teeth and gums.
- Floss gently. Do not floss when your counts are low.
- Be careful not to cut or bruise yourself.
- Watch for any unexplained bruises.
- Use an electric razor for shaving.

### Things to Avoid:

- Sharp objects (e.g., razors, scissors, and knives)
- Rectal suppositories
- Aspirin, products containing aspirin. Aspirin interferes with platelet function.
- Strenuous physical activities, e.g., lifting heavy objects
- Contact sports or activities that may result in bumping or banging
- Alcoholic beverages (They may affect the body's clotting mechanisms and liver function.)
- Herbal remedies or over-the counter medications that may affect platelets

### Contact the clinic if you have:

- Blood in mouth, gums, urine, stool, vomit, and sputum.
- Nosebleeds which do not stop bleeding within 10 minutes.
- Small red-purple dots on the skin (petechiae)
- Unexpected bruising.
- Changes in vision, e.g., blurry vision.
- Headache