



American Heart Association®

Healthy Smiles, Healthy Hearts™

Oral+Heart CONNECTION



Safety & Treatment Decisions

Why might my dental procedure be delayed because of high blood pressure?

Some dental procedures and numbing shots can increase heart rate and blood pressure. When your blood pressure is already high, this can raise the risk of medical emergencies. Delaying care protects your health and ensures we can safely treat you.



Delta Dental is proud to collaborate with the American Heart Association's Healthy Smiles, Healthy Hearts initiative.

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What happens if my blood pressure is high at my appointment?

If your blood pressure is higher than expected, we'll take things step by step.

- We may recheck your numbers.
- We may ask about things such as stress, pain or caffeine, which can affect your reading.
- If your blood pressure stays too high, it may not be safe to continue with treatment that day.
- In that case, we may encourage you to follow up with your medical professional before we reschedule.

What should I do if my procedure is postponed?

If we need to postpone your dental procedure because of high blood pressure, many people find it helpful to:

- Schedule a visit with their medical professional to talk about their blood pressure.
- Follow any recommendations their professional gives.
- Come back for dental treatment once their blood pressure is in a safe range.

Please know that this decision to delay your care is to protect your well-being.

Oral health is connected to heart health — what happens in your mouth can affect your heart.

Learn more at heart.org/OralHealth

