



American Heart Association®

Healthy Smiles, Healthy Hearts™

Oral+Heart CONNECTION



What to Expect During Your Visit

Can I take my blood pressure medications before my cleaning appointment?

Yes, most of the time it's important to keep taking your blood pressure medications as your doctor has prescribed, even on the day of a dental cleaning. Keeping your blood pressure controlled helps your body handle stress more easily during your visit. If you ever have questions or if your doctor has given you special instructions, feel free to let us know. We're here to support your health and work with your medical team if needed.



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

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Can I take my blood pressure medication before my dental surgery appointment?

In most cases, yes. For many patients, staying on their regular blood pressure medication helps keep their numbers controlled during a dental procedure. This can make the appointment safer and more comfortable. If your medical professional has given you specific directions about taking or adjusting your medication before surgery, please follow those instructions and feel free to share them with us. We want to make sure you feel prepared, supported and safe throughout your care.

Why does my dental team check my blood pressure?

Checking your blood pressure is one way we help look out for your safety during your visit. Some dental treatments, including certain numbing medications, plus pain and anxiety can raise blood pressure a little, so we check it to make sure everything is safe for you before we begin. High blood pressure often has no noticeable symptoms. A quick check at your dental visit may help spot a possible heart health concern early and give you helpful information to share with your primary care professional if needed.

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

Learn more at heart.org/OralHealth

