

Periodontitis and cardiovascular disease



Advice for dental care professionals

1



Management of cardiovascular risk factors

Advise periodontitis patients of their increased risk of developing cardiovascular disease and encourage management of associated risk factors eg smoking cessation, exercise

2



Regular dental maintenance

Advise those with periodontitis and CVD that they may be at higher risk for subsequent CVD complications therefore to regularly adhere to dental maintenance



3



Space out appointments

Consider carrying out periodontal treatment over multiple visits, in order to minimise the amount of acute inflammation following treatment

4



Do not advise patients to stop their medication

- Bleeding following periodontal treatment is usually minimal and can be safely controlled using local measures. There is usually no need to stop antiplatelets or anticoagulants.
- For any uncertainties, for example if patients are on triple therapy, it is advisable to liaise with the relevant physician or cardiologist.
- Be aware of potential interactions with or complications from medications patients may be taking, as well as the patient's general fitness for treatment in primary care.



Website: bsperio.org.uk