



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: How to Have a Successful Dental Appointment



You can take steps to have a good dental visit for you and your child when you plan ahead. Using the Internet or phone to search for detailed information saves time.

Know Your Needs – Finding a New Dentist

Keeping in mind the person that needs dental care; yourself, a baby, a young child, a teenager, a pregnant woman:

- What services are needed? Exam, dental cleaning, treatment for painful, broken or lost tooth, bleeding gums, sedation?
- Where is the best location for your needs? Same town, same county, same region of the state?
- What payment options work best for you? Dental insurance, self-pay, payment plans, sliding fee scale based on income?



Select a Dental Clinic (Office) that Fits Your Needs

- Dental office that accepts your insurance or other payment options that work for you
- General dental office that serves the entire family
- Dental specialists: children, root canals, gum disease, oral surgeons



Prepare for Your Visit

- Gather information – insurance card, pre-appointment form, list of medications
- Arrange in advance for transportation
- Call if you cannot make the appointment, even if it is the same day – not calling can mean you have to pay for the missed appointment or you cannot make another one at that office
- If the appointment is for yourself or one of your children, arrange for child care for the others
- Brush and floss your teeth or swish with water before arriving at your appointment
- Wear comfortable clothes, bring a pillow, blanket, headphones for music if needed
- Arrive fifteen-minutes before your appointment