



ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Easier Dental Visits for Adults with Disabilities

Dental visits can be hard for many reasons. Planning and practicing before the visit can help you feel more comfortable and prepared.

Practice Before Your Visit:

Getting familiar with dental care can make it easier.

- Read a social story or watch a video about going to the dentist.
- Practice opening your mouth or having someone look at or count your teeth.
- Ask the dental office if you can visit before your appointment to meet the team, see the office, or try the dental chair.

Plan What May Help:

Think about what could make the visit easier.

- Headphones, sunglasses, a fidget, or another comfort item?
- A quieter room or less busy time for your appointment?
- Extra time, breaks, or instructions one step at a time?
- A position that is more comfortable?

Tell the dental office what may help before your appointment when possible.

During Your Visit:

- Ask questions if you are unsure about something.
- Ask the dental team to explain or show you what will happen next.
- Let them know if you need a break or something needs to change.



Next Steps:

Start with the basics:

- See the Tip & Trick [Preparing for a Successful Dental Visit](#)
- Visit the [Pathways to Oral Health](#) website for Dental Visit Social Stories and videos.

Share what helps you:

Use the [My Dental Care Passport](#) to share information with your dental team before your visit.