



TIPS AND TRICKS SERIES

How to Make a Dental Appointment

Making a dental appointment is the first step to getting care. Knowing what to say and ask can make it easier.

Before You Call:

- Have your insurance card ready, if you have one.
- Think about the best days and times for your appointment.
- Think about anything the dental office should know before your visit to help it go well.

When You Call:

- Tell the office why you are calling. You do not need to know what type of appointment you need—the dental team can help.
- Share any concerns you have.
- Ask about costs or insurance if you have questions.
- Tell the office if you need accommodations or support.
- Ask questions about what will happen if you are unsure.

Before You Hang Up:

- Make sure you know:
 - The date and time of your appointment.
 - Where to go and when to arrive.
 - What you need to bring or complete before the visit.
- Who to call if you have questions.
- Write down the appointment or put a reminder in your phone or calendar.



Helpful Tip:

Don't wait until dental pain becomes severe. Call the dental office when you know you need care.

Next Step:

You have an appointment! Now get ready for your visit. See the Tip & Trick on Preparing for a Successful Dental Visit.