

TIPS AND TRICKS SERIES

Preparing for a Successful Dental Visit

A little planning before your dental visit can help you feel more prepared and make the visit go more smoothly.

Before Your Visit:

- Complete any forms the dental office sends you.
- Have your insurance card and a list of your medicines ready.
- Plan transportation and child care, if needed.
- Think about any questions or concerns you want to discuss.

Think About What Helps You:

Think about anything that could make your visit easier:

- What helps you feel calm or comfortable?
- Do certain sounds, lights, tastes, positions, or other parts of dental care bother you?
- Do you need breaks, extra time, or other support?

Tell the dental office before your visit when possible.

On the Day of Your Visit:

- Brush and floss as usual.
- Wear comfortable clothes.
- Bring comfort items such as headphones or sunglasses, if helpful.
- Bring anything the dental office asked you to bring.
- Arrive 10–15 minutes early.

During Your Visit:

Speak up. Tell the dental team if you have questions, feel uncomfortable, or need a break.



Next Steps:

Share what helps you.

Use My Dental Care Passport to tell the dental team what you want them to know before your visit.

Need extra help getting ready?

See the Tip & Trick Dental Visit Tips for Adults with Disabilities for more ways to prepare and practice.