



TIPS AND TRICKS SERIES

How to Make a Dental Appointment

Making a dental appointment is the first step to getting care. Knowing what to expect helps things go smoothly.

What to do:

- Tell the dental office why you are calling. They can help decide what type of appointment you need.
- Have your insurance card ready, if you have one.
- Choose an appointment time that works with your health, energy level, transportation, and support needs.
- Plan to arrive 10–15 minutes early.
- Tell the dental office if you need accommodations or support.
- Write down your appointment time or set a reminder so you do not forget.



Helpful Reminders:

- Do not wait until dental pain becomes severe.
- Bring comfort items if helpful (headphones, music, pillow, blanket)
- Do not worry if you do not understand insurance terms. The dental office or your insurance company can help answer questions about coverage and costs.

Ask the dental team if...

- You have questions about what will happen during your visit.
- You need help understanding costs or insurance.
- You need accommodations or support.

Quick Facts

- You do not need to know what type of dental appointment you need. The dental office can help.
- Tell the dental office why you are calling and share any concerns.
- Ask for help if you have questions about costs, insurance, accommodations, or support.
- See other Tips & Tricks issues for more information about preparing for and having a successful dental appointment.