

Back-to-the-Dentist Visit Planner

For adults returning to dental care after several years away

THE FIRST VISIT IS ABOUT FINDING OUT WHERE THINGS STAND

You do not need to fix everything at once. Use this planner to prepare for the visit, record what the dentist finds, and separate urgent treatment from problems that can be monitored or handled in stages.

1. Before I Make the Appointment

- Tell the office I have not had a dental visit in several years.
- Mention dental anxiety, a difficult past experience, or mobility needs.
- Ask whether they can schedule enough time for a comprehensive evaluation.
- Ask what insurance information or records they want in advance.
- Ask whether recent X-rays from another office can be transferred if available.

2. What I Will Bring

■ Photo ID and dental insurance information (if any)	■ Current prescription medications
■ Over-the-counter medicines, vitamins, and supplements	■ Medication / latex allergies
■ Important medical conditions	■ Denture, partial, nightguard, or other removable appliance
■ Previous dental records or X-rays if I have them	■ A list of the problems or questions that concern me most

3. My Main Concerns

What bothers me most	
Pain or sensitivity	
Broken / loose teeth or dental work	
Bleeding / swollen gums	
Chewing or denture problems	
Dry mouth or mouth sores	

4. Questions to Ask at the First Visit

■ What needs attention first?	■ Do I have active gum disease or bone loss?
■ Are any teeth infected or at risk of breaking?	■ Which teeth have a good long-term prognosis?
■ What can safely wait?	■ What treatment alternatives do I have?
■ Can treatment be done in stages?	■ What can I do at home starting now?

My Treatment Priority & Cost Plan

Use this page after the examination to organize what was found and what you want to do next.

1. What the Dentist Found

Problem / tooth / area	Priority	What happens if I wait?

Priority guide: Urgent / Prompt attention | Important but can plan | Monitor | Elective / optional

2. Treatment Options & Estimated Cost

Treatment	Option / alternative	Estimated total	My cost

3. My Staged Plan

Do first	
Do next	
Can wait / monitor	
Optional / not important to me now	
Next appointment date	

DO NOT WAIT FOR A ROUTINE APPOINTMENT IF...

You have rapidly increasing facial or mouth swelling, severe or worsening pain, fever with dental swelling, difficulty swallowing or breathing, uncontrolled bleeding, or another rapidly worsening problem.