

Dental Checkup Schedule & Follow-Up Planner

Use this sheet with your dental team to record when to return and why. Your exam, cleaning, and other follow-up visits may have different schedules.

Name / date / dental office:

1. My dental team recommends

Type of visit	When to return / date	Reason for timing
Dental examination		
Cleaning or periodontal maintenance		
Other follow-up care		

Ask which type of cleaning or maintenance you receive. Record the recommended timing even if the appointment is not booked yet.

2. Understand my plan

Ask: What findings or risks affect my schedule? What should I work on at home? What changes should prompt a call before my next appointment?

Factors my dental team wants to monitor:

Questions I still need answered:

Your dental team should recommend the interval; this sheet does not set one.

Appointments & Care Notes

Checkup Follow-Up Planner

3. My appointments

Date / time	Visit / office or clinician	Booked? / reminder

Office phone / after-hours contact:

4. Between visits

Home-care instructions from my dental team:

Changes to report / whom to contact:

5. Before my next visit

- ☐ Update my medication and supplement list.
- ☐ Write down new symptoms, concerns, and health changes.
- ☐ Confirm any records, forms, or other items the office requests.

Contact the office about new symptoms instead of waiting for a routine visit.