

# Return-to-the-Dentist Visit Planner

Before the appointment

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## 1. A script for the booking call

"It has been a long time since my last dental visit. I would like an evaluation and help understanding my next steps. What will the first visit include, and what should I expect to pay?"

Office / phone:

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Appointment date, time, and location:

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## 2. What I want the dental team to know

My main concern or symptom (and when it began):

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Worries, past experiences, or comfort preferences:

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Ask: "Can we agree on a signal if I need a break?"

## 3. What to bring or arrange

- ☐ Current medication, vitamin, and supplement list
- ☐ Allergies and important medical information
- ☐ Insurance information, if applicable
- ☐ Available dental records or transfer arrangements
- ☐ My questions and any accessibility needs

Tell the office about current symptoms when booking so they can advise on timing. This planner should not delay urgent care.

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What we discussed and what happens next

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Name: \_\_\_\_\_

Visit date: \_\_\_\_\_

## 1. Findings and treatment priorities

Ask the dentist to explain what needs attention, why, and when. Record their recommended timing rather than deciding urgency yourself.

First priority / recommended timing:

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Other treatment / what can safely wait or be monitored:

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Alternatives and risks of delaying care:

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## 2. Cost questions

- ☐ Request an itemized written estimate
- ☐ Ask about expected coverage and my share of costs
- ☐ Ask whether treatment can be done in stages

Estimated costs / unanswered questions:

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## 3. My next steps

Home-care instructions or other action:

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Next appointment / person to contact:

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Preparation and note-taking tool, not a treatment plan. Comfort guidance: ADA MouthHealthy, Anxiety.

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