

# Dental Appointment Preparation Checklist

## 1. Prepare Your Health Information (3–7 Days Before)

- ☐ Update your full medical history (new conditions, recent surgeries, pregnancies, allergies, or major health changes)
- ☐ List all current medications, vitamins, supplements, and herbal remedies (include dosages)
- ☐ Note any symptoms you've been experiencing (tooth sensitivity, bleeding gums, bad breath, jaw pain, etc.) and when they started
- ☐ Write down your questions and concerns (use the space at the bottom or your phone notes)
- ☐ If you're a new patient: Request that your previous dental office send over your x-rays and records

## 2. Day Before & Morning Of Your Appointment

- ☐ Confirm your appointment time, location, and any special instructions
- ☐ Get a good night's sleep
- ☐ Eat a normal meal (unless your dentist gave you different instructions for sedation or a procedure)
- ☐ Brush and floss thoroughly before you leave home
- ☐ Plan extra time for traffic, parking, and arriving 10–15 minutes early

## 3. What to Bring With You

Dental insurance card  
Photo ID  
Printed or phone list of your medications and health updates  
Your written list of questions  
Notebook, pen, or phone to take notes during the visit  
Any comfort items that help you relax (headphones, stress ball, etc.)

#### **4. Questions You May Want to Ask Your Dentist**

- What is the current health of my gums and teeth?
- Do I have any areas at higher risk for cavities or gum disease?
- Are there any changes you recommend to my home brushing and flossing routine?
- How often should I be coming in for cleanings based on my current oral health?
- Are there any cosmetic or functional improvements you would suggest?
- What can I do to reduce tooth sensitivity or bad breath?
- Do I need any dental work done in the near future?
- Are there any products (toothpaste, mouthwash, etc.) you recommend for me?

#### **5. Tips to Feel More Comfortable & Reduce Anxiety**

- Arrive early so you're not rushed
- Let the team know if you feel nervous – we have gentle options to help you relax
- Practice 4-7-8 breathing (inhale 4 seconds, hold 7 seconds, exhale 8 seconds) if you feel anxious in the chair
- Remember: Regular dental visits catch problems early, when they're smaller, cheaper, and easier to fix

**Pro Tip: Save or print this checklist and bring it with you. Many patients find it helpful to go through their notes together with the dentist.**