ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Preparing for a Successful Dental Visit

Easy steps to help your dental visit go well.

Before your appointment:

- Bring your insurance card, any forms you have been asked to complete, and a list of medicines
- Use the My Dental Care Passport to share sensory needs, how you communicate, and any mobility needs with the dental team.
- Plan how you will get to the appointment
- Arrange child care if needed
- Brush and floss before you go (or rinse with water)
- Wear comfortable clothes
- Bring comfort items if helpful (music, pillow, blanket)
- Arrive 15 minutes early

During the visit:

- Tell the dentist or hygienist about fears or concerns
- Ask questions if you don't understand
- Stay calm and use positive words

If plans change:

- Keep your appointment if you can
- If you must cancel, call the dental office as soon as possible
- Not calling may mean a fee or trouble making another appointment

Tips for preparing children for a dental visit:

- Talk about the appointment in a positive way
- Avoid words like hurt, pain, or scared
- If possible, bring only the child being seen

Learn More

- See our Tips & Tricks on Dental Visit Tips for Adults with Disabilities
- Find My Dental Care Passport on the Pathways to Oral Health website.