

## Tips for Your Dental Appointments and Care

For a complete listing of clinics available, contact your insurance customer service number on the back of your health insurance card. If you have a clinic, you have already been to, they may be able to continue providing dental care for you.

Your insurance might offer \$25 incentives for dental visits— check out their website for details.

Reimbursement for mileage is available for medical and dental appointments. Contact your county financial worker for more information.

To cut down on toothaches and emergency visits, schedule cleanings at least twice a year.

**Call early – before any problems. Dental clinic schedules usually fill up very quickly!**

## 9 Tips to Get the Most Out of Your Next Dental Appointment

**1. Ask About Check-In Procedures When You Schedule** - Most clinics prefer you to arrive about 10 minutes early for paperwork and check in.

**2. Pay Attention to Problems Between Appointments** - While the primary purpose of routine dental appointments is the prevention of oral health problems, they can still occur. We encourage you to pay attention to new symptoms or other changes as they occur between your appointments. Symptoms that can indicate an oral problem include:

- Tooth sensitivity
- Bleeding, tender, or swollen gums
- Persistent bad breath
- Mouth sores that don't heal properly
- Jaw pain or other pain from clenching or grinding
- Problems with brushing or flossing

**3. Be Honest About Dental Phobias and Anxiety** - If you experience anxiety at the dental office or suffer from a dental phobia, you're not alone. We strongly encourage you to be honest about these issues and any other worries you have about visiting the dentist.

**4. Come Prepared With Everything You Need** - When you arrive for your appointment, make sure you have a copy of your dental insurance card, your I.D., and any necessary medical records.

**5. Be Prepared to Update Your Medical History** - Be sure to update your dental hygienist on any recent changes, the prescription medications you take, over-the-counter medications you take, and any nutritional supplements as well.

**6. Write Down Your Questions Ahead of Time** - In the flurry of a dental exam, when you have dental tools working in your mouth, it can be easy to forget any questions or concerns you might have for the dentist.

**7. Care for Your Teeth Between Appointments** - The primary purpose of dental cleanings and exams is preventative care designed to stop oral health problems before they start. The treatments we provide you in our office, however, can only go so far to maintain your oral health. It's essential that you also practice good oral hygiene at home between appointments. Brush and floss your teeth twice each day, using proper techniques.

**8. Learn to Improve Your Oral Hygiene** - In addition to a cleaning and exam, patient education is another vital aspect of your routine dental appointment. Ask your dental hygienist for any tips, tricks, or dental tool/product recommendations that can enhance your at-home dental hygiene routine.

**9. Choose a Dentist You Trust** - One of the best ways to make the most out of your dental exams is to choose to see a dentist you trust.