



## VISITING THE DENTIST

Do you feel worried or afraid to go to the dentist, even though you know it's the right thing to do? Going to the dentist is an important way to maintain a healthy mouth, but it can be intimidating. The following tips will help you know what to expect and how to prepare to ensure a pleasant and productive appointment.

- Make your appointment at a time of day that is best for you, whether that is morning or afternoon, and arrive early so that you aren't rushed.
- Write down any oral health concerns you want to address with your dentist, from mouth pain to problems with dentures to questions about caring for your teeth, so you are sure to cover all questions during your appointment.
- Carefully read over any forms you are given to sign and ask for copies that you can take home.
- Make sure to provide your dentist or hygienist with a list of all of the medications you are currently taking, including prescription, over-the-counter, and supplements.
- Your dental professional will also need a list of the other doctors you see and their phone numbers. If you have family members who are also responsible for your healthcare decisions, include their contact information as well.
- After your examination, your dentist may develop a treatment plan, or a list of treatments you need. Make sure you understand your treatment options, the financial costs, and the expected outcomes before signing any consent forms.

**Information for this flyer was taken from the following articles:** "Visiting the Dental Professional: A Caregiver's Guide," by Kevin Hendler, DDS, Fellow, American Society of Geriatric Dentistry, Past President, Special Care Dentistry Association; "Medicines and Your Mouth," by Ann Eshenaur Spolarich, RDH, PhD, Clinical Associate Professor, Herman Ostrow School of Dentistry, University of Southern California; "Informed Consent," by Samuel R. Zwetchkenbaum, New Jersey Institute for Successful Aging, University of Medicine and Dentistry of New Jersey- School of Osteopathic Medicine, Stratford, NJ; "Informed Consent," by Deborah Carr, Institute for Health, Health Care Policy & Aging Research, Rutgers University, New Brunswick, NJ.

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