

Dental Treatment Conversation Planner

Use this worksheet to prepare questions and capture an explanation from your dental professional. It does not choose treatment or tell you what is right for you.

Before the conversation

What I understand has been proposed:

What I most want to understand:

Practical preferences or concerns I want to discuss:

Questions to bring

1. What is the goal of the care you are discussing?

2. What benefits, risks, and alternatives should I understand?

3. What could happen if I wait or decide not to proceed?

4. What questions should I ask before making a decision?

5. What should I contact the office about after today's conversation?

Capture the explanation

What the dental professional explained:

Terms I want clarified:

Next step the office asked me to take:

Keep the decision in the right hands. This is a question-and-notes aid, not a diagnosis, consent form, treatment recommendation, coverage estimate, medication instruction, or aftercare plan. Your dental professional determines appropriate care. Follow the office's instructions if they differ from this worksheet.

Supporting reading: Questions to Ask Before Dental Treatment · Dental Fillings: The Basics · Dental Crowns: The Basics · Root Canal Treatment: The Basics.

Sources: American Dental Association, Types of Consent; American Dental Association, Patient Autonomy.