

Dental Visit Preparation Worksheet

A calm, neutral way to prepare questions and capture notes for a dental visit.

Use this before or during a dental visit to bring forward what you want to discuss and to write down explanations in your own words. It is for organizing a conversation, not for deciding what a change means or what care you need.

BEFORE THE VISIT

Appointment date and office:

What I want to make sure we discuss:

Questions I want to ask:

BEFORE THE VISIT

Changes, preferences, or practical concerns I want to mention:

You can include a concern about comfort, communication, timing, cost, access, or anything else you want the office to know. Use the office’s own forms and instructions for health-history or consent information.

DURING THE VISIT

What the dental team explained:

Words or instructions I want clarified:

Questions that came up during the visit:

BEFORE I LEAVE

What is the next step the office asked me to take?

Who should I contact if I have a question?

My follow-up date, if the office gave one:

KEEP THE CONVERSATION IN THE RIGHT HANDS

This resource provides general oral-health education and is not a diagnosis or personal treatment plan. Your dental professional interprets your information and determines what care is appropriate. If the office gives you instructions that differ from this worksheet, follow the office's instructions.

SUPPORTING READING

- What Happens at a Dental Checkup?
- What Is a Dental Cleaning?
- Dental X-Rays: Are They Safe?
- Questions to Ask When a Dentist Finds a Tooth Problem

SOURCES

- American Dental Association: Types of Consent
- American Dental Association: Patient Autonomy
- MouthHealthy: Common Questions About Going to the Dentist