

Dental Visit Preparation Worksheet

For adults preparing for a dental visit.

Use this optional worksheet to write down what you want to discuss, take notes in your own words, and keep questions for follow-up. Use only the sections that help.

This worksheet organizes a conversation. It does not decide what care you need.

BEFORE THE VISIT

Appointment date and office:

Topics I want to discuss

A word or short phrase is enough.

Questions I want to ask

Changes I want to mention

This is a reminder only. The worksheet does not tell you what a change means.

BEFORE THE VISIT

Optional: Preferences or practical concerns

You can note comfort, communication, timing, cost, access, or another matter 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 - in my own words

Words or instructions I want the dental team to clarify

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

QUESTIONS TO FOLLOW UP ON

Questions I still have or want to follow up on

ABOUT THIS WORKSHEET

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.

This worksheet only organizes questions and notes. 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 (American Dental Association), Common Questions About Going to the Dentist