My Dental Appointment Reflection

Use this sheet after your appointment to remember what happened and plan for next time. Check your *Patient Accessibility Needs Form*, and *What to Expect at Your Dental Visit* to help with this tool.

🗓️ About This Visit

Date of Appointment: _____

Dentist Office Name: _____

Who Came With Me: _____

What was today's appointment for? ☐ Routine cleaning ☐ Filling / cavity fix ☐ Tooth removal ☐ Root canal ☐ Crown or bridge ☐ Implant ☐ Check-up / X-rays ☐ Something else: _____

💬 How Did It Go Overall?

Circle or mark how today's visit felt:

😣 Very hard	😟 A little hard	😐 Okay	🙂 Pretty good	😃 Great!

One word or emoji that describes today: _____

🌟 My Sensory Experience

Sense	What I noticed	How it felt	What might help next time?
👀 **Sight** *lights, tools, room*		😣 😟 😐 🙂 😃	
👂 **Sound** *drills, suction, talking*		😣 😟 😐 🙂 😃	

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Sense	What I noticed	How it felt	What might help next time?
👃 **Smell** *cleaning products, burning smell*			
👅 **Taste** fluoride, medicine, mold material			
🙌 **Touch / Feeling** pressure, vibration, numbing			
🧠 **Body Position** *chair position, being held still*			
⚖️ **Balance / Dizziness** lying back, getting up quickly			

✅ What Went Well? *Check anything that helped today:*

☐ My dentist explained each step ☐ I used my stop signal ☐ I brought headphones / music

☐ I brought a comfort item ☐ The team went slowly ☐ I took breaks when I needed them

☐ I knew what to expect ahead of time ☐ Someone I trust came with me

☐ Something else that helped: _____

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💛 What Was Hard? *Check anything that was difficult:*

□ It was too loud □ The light was too bright □ I did not like the taste or smell

□ The chair position was uncomfortable □ I felt scared or anxious

□ I did not understand what was happening □ It took longer than I expected □ I was in pain

□ Something else that was hard: _____

_____

_____

📝 Planning for Next Time *Use what you learned today to make your next visit even better*

□ Bring headphones or earplugs □ Bring a fidget or comfort item

□ Ask for a shorter appointment □ Ask for more breaks □ Ask dentist to explain each step

□ Bring sunglasses for the bright light □ Ask about calming options (music)

□ Bring a support person

□ Something I want to tell my dental team next time: _____

_____

_____

□ Something I want to remember about myself from today: _____

_____

_____

_____

🤝 Share This With Your Trusted Person

Would you like to share this reflection with someone? Circle:

Care partner Family member Support worker Dentist / dental team No one right now

Their Name: _____

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