

What to Expect at Your Dental Visit

A Resource for Offices to Help Patients



This tool is designed to help adults with disabilities and their support persons know what to expect before, during, and after a dental visit. It includes tips on what to bring, available accommodations, sensory expectations, communication supports, and ways the office can make your appointment more comfortable.

Before Your Appointment

1. What to Bring (Mandatory)

- ☐ Your ID
- ☐ Your Insurance Card
- ☐ A list of your medications
- ☐ _____

2. What to Bring (Optional)

- ☐ Your favorite comfort item
- ☐ Your communication support devices
- ☐ Your caregiver or support person
- ☐ A weighted blanket
- ☐ Sunglasses for bright lights
- ☐ Noise-canceling headphones

3. Special Accommodations

We want you to feel comfortable! Let us know if you want to talk to our office about any of the accommodations below.

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During Your Appointment

1. When You Arrive

2. Meeting Your Dental Team

3. In the Dental Chair

4. Common Sounds

- Gentle humming or buzzing from cleaning tools
- Water spraying and the suction straw making a slurping sound
- Soft beeping from equipment
- The dentist, hygienist, or other patients talking
- A TV or music playing in the background
- Phones ringing or keyboards clicking at the front desk
- _____

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After Your Appointment

Fill out the tool ***My Appointment Reflection*** to document how your appointment went and share with your dental team for future appointments

Important Notes for Support Persons

Fill out the tool ***My Appointment Reflection*** to document how your appointment went and share with your dental team for future appointments
