

Your dental appointment checklist

Use with any dental clinic, on your own or with someone you trust. Fill in what is useful; leave the rest blank.

1. Before your visit

Clinic and location

Appointment date and time

Clinic contact number

Check the practical details

- ☐ I know the clinic, appointment date and time.
- ☐ I have checked directions, parking or transport.
- ☐ I have asked the clinic about any access or communication needs.
- ☐ I have checked the booking and cancellation conditions for my visit.

My three most important questions

1. The question I most want answered

2. Something else I want to ask

3. Anything I do not understand yet

2. At your appointment

Questions you may want to ask

Tick the questions you want to discuss. Use your own words.

- ☐ What will happen during this appointment?
- ☐ What options can we discuss, including doing nothing for now?
- ☐ What does the proposed price include, and what could cost extra?
- ☐ Can I have the proposed plan and costs in writing?
- ☐ If more visits are suggested, what would the timing involve?

If someone is coming with you

- ☐ We have agreed what help I would like, such as taking notes or asking a question.
- ☐ I have asked the clinic whether my support person can join me and how to arrange this.
- ☐ I have told my support person which questions matter most to me.

Before you leave

- ☐ I know the next step and who to contact if I have another question.
- ☐ I have asked for any instructions I need in a format I can use.
- ☐ If another visit is planned, I have confirmed its purpose, timing and expected cost.

My next step / notes to remember

Appointment planning, not medical advice or a way to assess symptoms. Follow your own clinic's instructions. Keep your completed copy private.