

New-Patient Dental Visit Planning Checklist

A calm way to organize information, questions, and practical details before requesting or attending a dental appointment.



Prepared for **Silver Star Dental Center**

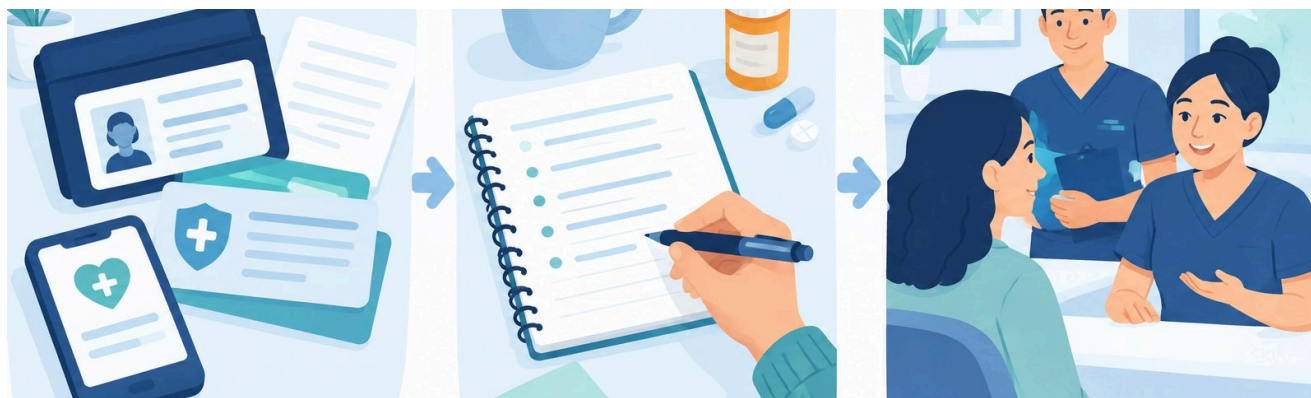
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1 Prepare without pressure

A first conversation can be easier when your practical details and questions are already organized. The dental team should confirm current availability, services, forms, insurance participation, costs, and recommendations for your situation.

A helpful reminder. This guide helps you prepare for a conversation. It cannot diagnose a condition, recommend treatment, or replace care from a qualified dental or medical professional.



Gather

Write

Discuss

1.1 Practical details to organize

- ☐ Your preferred contact information and a few possible appointment times.
- ☐ Identification and any insurance information the office asks you to bring.
- ☐ A current medication and allergy list, if relevant to the visit.
- ☐ The main reason for the appointment and questions you want to ask.
- ☐ Information about prior dental records or images and how the office prefers to receive them.

My main reason for contacting the office

2 Free information you can use

Use these topics to prepare useful questions. Current services and recommendations must be confirmed directly with the office and a qualified dental professional.

Planning a new-patient appointment

Confirm availability, forms, arrival time, records, and the best way to communicate before the visit.

What to bring

Ask whether the office needs identification, insurance information, medication details, prior records, or other documents.

Routine cleaning questions

Ask about the purpose of the visit, what the office will review, and any individual instructions.

Understanding a check-up

Prepare questions about what may be discussed and which next steps depend on an individual examination.

Questions about fillings

If a filling is recommended, ask about the reason, options, process, costs, and aftercare instructions.

Everyday preventive care

Write down home-care questions and ask for recommendations that reflect your health history and examination.

2.1 Details to confirm with the office

- Whether the practice is accepting new patients
- Appointment availability and arrival instructions
- Current services and referral procedures
- Insurance participation, estimates, and payment policies
- Records, images, identification, or forms to bring

Questions about scheduling or visit preparation

3 Questions to bring with you

- ☐ What should I bring, and how early should I arrive?
- ☐ How should I transfer prior records or dental images, if needed?
- ☐ Which services are currently available at this office?
- ☐ How are costs, insurance participation, estimates, and payment policies explained?
- ☐ What personal health or medication information is relevant to discuss privately with the dental team?
- ☐ Whom should I contact if symptoms change or I need urgent guidance before the appointment?

My priority question:

Conversation notes:

3.1 Contact and verify current information

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The practice should confirm current appointment availability, services, insurance participation, fees, and clinical information directly.

Important notice. General educational information only. This guide is not dental or medical advice, diagnosis, or treatment. If you believe you have an emergency, seek prompt guidance from an appropriate licensed professional or emergency service. Using this guide does not establish a patient relationship.