

Visit the Dentist to Keep Your Teeth Healthy



You have made, or are going to make, your dental appointment. Good for you!

You plan to make it to this appointment. Then something happens - you can't find a ride, you get sick, or you forget the appointment. We want to help you make it to the dental appointment.

Tips to help you remember your appointment

- If your dentist sent you a postcard, write the appointment date and time on the calendar right away.
- Put the card where you see it often.
- Use only 1 calendar to keep track of all of your appointments.
- Find a babysitter or a ride to the dentist ahead of time. Do not wait until the last minute.

Tips for nervous patients

- Find a dentist that you like and trust.
- If the noises scare you, take music along.
- Relax. Breathe slowly in and out. Think of something you really like.
- Are you worried about pain? Dentists have a lot of new ways to make dental visits pain-free.
- Tell the dentist if you are afraid. The dentist will help calm you.

Call the dental office if something changes and you cannot make your appointment.

- You are sick.
- Your car breaks down.
- You cannot leave work.
- You are going to be late.

On the day of the appointment take the dentist office phone number with you. If you are going to be late, you should call the office to let them know as soon as possible.

A final word about why you should keep your scheduled dental appointment.

Your dentist wants to help you keep your mouth and teeth healthy. To make sure your mouth stays healthy, you must keep all of your dental appointments. When you miss an appointment, getting your next appointment might take a long time because of the dentist's busy schedule. When this happens, you can have more dental problems.

Make sure to keep this very important appointment.

Call DentaQuest Customer Service at 1-888-286-2447/
TTY 1-800-466-7566 or visit the DentaQuest website at
www.dentaquest.com to find a dentist near you.

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