



Preparing to visit the dentist

New experiences for many of our patients can be quite stressful and overwhelming. If a dental visit is properly planned it may be more successful.

Below are a few things which may help when preparing to visit the dentist:

- Try and contact the dental clinic before the first visit
- Use Social stories (dental photos/books/pictures) can help familiarise the patient before the visit
- Someone who knows the patient well will really help when attending a dental clinic
- Discuss previous visits with the dental team
- Bring all the relevant/requested information to cut down on time spent talking

Please fill in the section below and return at your appointment, this will help us understand what we can do to make visiting the dentist a little easier:

Tick which applies:

- Does not like to be touched
- May touch others
- Does not like the chair to be moved whilst seated or lie completely flat
- May show challenging behaviour
- Does not like certain words.....
- Sensory issues to light/sound/textures (please delete if not all apply)

Uses the following form of communication:

Likes:.....

Dislikes:.....

Anything else?.....