

# Here's what to expect at your dental first visit

- All New patient first visit will take approximately 90 minutes.
- When you arrive, you will be greeted by a Business Assistant who will check you in, notify the team of your arrival, verify insurance if applicable, and guide you through any necessary new patient paperwork. Please arrive approx. 15 minutes prior to your appt to complete the paperwork. You can save time by completing the new patient forms online before you arrive. A link to the new patient forms is also available on our website.
- Once completed, a member of our team will escort you from the waiting room to a treatment room where they will review your dental history, medical history, and any dental health concerns or issues. We will also take your blood pressure to ensure you are in good health. This is a great time to let us know if you are anxious about your appointment. Your comfort is a priority, and we will work to make your appointment as smooth and comfortable as possible. The hygienist will then take digital x-rays and perform any necessary assessments for the doctor to review, Radiation from digital dental x-rays is generally very low, especially in comparison to traditional x-rays.

## Your Hygiene Visit

- During your visit, the dental hygienist will discuss your dental history and answer any questions you may have regarding oral hygiene habits or brushing and flossing techniques. They will also evaluate you for signs of gum disease and dental decay. You can discuss any concerns, sensitivity, or issues you are experiencing at this time.
- An overview of your mouth and gums will be followed by an oral cancer screening, then a thorough cleaning and polishing of your teeth, if your gums are deemed healthy. Your hygienist may clean your teeth manually with traditional tools or use an advanced water powered instrument based on what is best for your specific needs. Fluoride treatments are recommended by the ADA for adults as well as children, and your dental hygienist may recommend treatment.

- At your first visit, if your hygienist detects (gum disease/infection) periodontal disease, your doctor will come in to diagnose if the periodontal disease is present and the best course of treatment for you. Periodontal disease is treated with periodontal scaling which is a deeper cleaning to remove the infection and most times can be started same day. Just as you would treat any other type of infection, your gum infection may require administering antibiotics in the affected area. You will be given a treatment plan at that time to show you the best treatment your doctor and hygienist recommend for you. Once the periodontal disease is treated you will return 3-4 times a year for periodontal maintenance (more involved than regular cleaning to ensure the infection doesn't return).
- Finally, your hygienists will review tips for caring for your teeth, preventing and/or maintaining gum disease. You will leave with a toothbrush, floss and toothpaste to keep on track with your home health routine.

## Your Comprehensive Exam

- As a new patient, you will see the dentist for a comprehensive exam. During this exam the dentist will discuss your health history and any concerns you may have. During your exam, your dentist will review your dental x-rays and complete a (visual) oral cancer screening which includes an examination of your jaw, neck, tongue and inside of your mouth. A more in depth painless, oral cancer screening can be performed for our higher risk patients with Velscope Enhanced Oral Assessment Technology. This screening is important and recommended one per year.
- This initial visit is important so your dental team can identify any issues like gum disease or cavities and any other concerns you have about your smile. Based on your exam, your dentist will develop a personalized treatment plan and discuss options with you.

## What's next?

- Once you review your treatment plan with the dentist, a Business Assistant will meet with you to review payment options, answer questions about insurance coverage of your recommended services and to schedule any follow-up appointments.

- For each service you will receive a comprehensive breakdown of cost and insurance coverage. Financing options such as CareCredit and Vantage One Savings Plan are available for those without insurance. We can assist you with applying in the office. Our goal is to help you get the treatment you need quickly and comfortably.
- Don't forget to schedule your next hygiene appointment and exam before you leave. It's a great way to make sure you stay on track with your dental health. When you provide a cell phone and email address, you will receive text and email reminders of your upcoming appointments. Please be sure to update us with any change of contact information (ie. Address, cell phone numbers) so that we may stay in contact with you.