

First Dental visit



1 Warm Welcome

- A brief office tour to help you feel comfortable
- A registration + medical history form (online or in-office)



2 Dental Examination and review

- Examine teeth, gums and soft tissues
- Discuss customized treatment plan
- Talk about prevention and hygiene
- Answer any concerns
- Discuss long term plan to keep teeth healthy



3 Teeth cleaning - if needed

Professional Cleaning Tailored to Your Gum Health
If a cleaning is recommended during your first visit, your hygienist may provide:

- Plaque and tartar removal
- Stain removal and polishing
- Periodontal charting to assess gum health



4 Dental treatments - if needed

Focused Care for Specific Concerns. If your exam identifies a dental issue, your dentist will:

- Explain the diagnosis
- Review treatment options
- Discuss timelines, costs, and benefits
- Carry out treatment if needed and if time allow