

Things You May Want to Ask Your Dental Provider

- Are there any oral health complications I should be aware of regarding my chronic illness or condition?

Some chronic illnesses or conditions may require additional dental care.

- Am I at risk for periodontal disease?

About 80% of the population currently has some form of periodontal disease. Ask your dental provider how you can prevent it.

- Can this cavity be remineralized?

In some instances, early forms of caries (cavities), like a white spot, can be reversed with a simple application of fluoride varnish.

- I have dry mouth, what can I do?

Dry mouth makes it difficult for you to eat and can increase your risk for oral infections, gum disease and caries.

Ask your dental provider how to best treat and alleviate your dry mouth.

- Am I at risk for oral cancer?

2 out of every 3 oral cancer cases aren't detected until late stages. Make sure to ask your dental provider for an oral cancer screening at every routine

check up. Find out if you are at risk and what you can do to prevent it.

- Am I taking good care of my dentures?

Your dental provider will discuss with you how to best care for your dentures.

- I can no longer hold my toothbrush, what can I do?

If you are having problems grasping or holding your toothbrush, your dental provider will discuss techniques to help you take care of your oral health.

- How often should I change my toothbrush?

Toothbrushes should be replaced every 3 months or immediately after recovering from a cold, flu, or bacterial infection.

Boston Public Health Commission Office of Oral Health



Contact us for information on where to get free or low-cost dental services for you and your family.

1010 Massachusetts Avenue
Boston, MA 02118

Phone: 617 – 534 – 2359

Fax: 857 – 288 – 7706

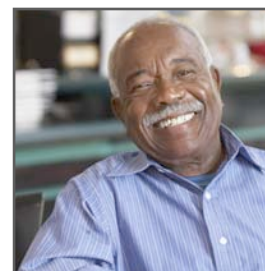
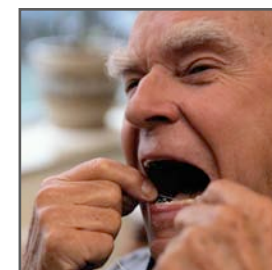
E-mail: oralhealth@bphc.org

Website: www.bphc.org/oralhealth

Facebook: www.facebook.com/BostonOralHealth

What to Expect at Your Dental Appointment

A Guide for Senior Dental Care



With or without teeth,
dental health is important to
your overall health.

Make an Appointment Today!



What to Bring to Your Dental Visit

☐ Past Dental Information

If you are visiting a new dental office, you should bring your past dental records (including dental x-rays), and current medical information.

☐ Insurance Card (if you have insurance)

☐ Dentures (if you use them)

☐ List of Current Medications

You should bring a list of any medications, including over the counter, that you are currently taking and the doses for each. If you are asthmatic, please bring your inhaler with you.

☐ Premedication

If you have a heart condition, any type of infection, or a hip/knee replacement you should ask your physician if you need pre-medication before your dental visit.

What to Expect During Your Dental Visit

Your dental provider may:

Perform a Dental Exam

- ☐ Check your mouth (teeth, gums, tongue, cheeks, roof and base) for signs of caries (cavities) or any other oral health concerns.
- ☐ If you have dentures, your dentist will check to make sure it fits properly and that your gums are healthy.
- ☐ Screen for oral cancer or any other diseases or conditions.

Take X-Rays

- ☐ X-rays are a safe way to check the health of your mouth.
- ☐ A lead apron is placed to protect your body.
- ☐ How often and the number of x-rays taken depend on your needs.

Clean Your Teeth

- ☐ The dental provider will remove any build up of food and plaque (a film of food, saliva, and bacteria) above and below the gum line.
- ☐ You should have your teeth professionally cleaned every six months. Your dental provider may recommend to do it more frequently if needed.

Discuss Denture Care

- ☐ Your dental provider will give you instructions for proper cleaning and maintenance of your dentures.

Apply Fluoride Varnish

- ☐ Your dental provider may place fluoride varnish on the surface of your teeth to keep them strong and prevent cavities.



- ☐ Fluoride varnish is a concentrated form of fluoride that helps prevent dental decay by keeping the minerals of the teeth strong so it is harder for caries (cavities) to form.
- ☐ Fluoride can also be used to reverse caries (during early stages) and may help decrease tooth sensitivity.

