



Missing Your Dental Appointment is No Laughing Matter.

You've made your dental appointment! Good for you! You plan on making it to this appointment. Then something happens – you can't find a ride, you get sick, you forgot you even made the appointment. It happens. We want to help you to make it to the appointment.

You forgot. Here are some tips to help you remember:

- Your dentist may send you a postcard to remind you of the appointment.
 - Write it on your calendar right away
 - Put the card on your refrigerator so you see it
- It's best to use only one calendar so you can keep track of all of your appointments. If you do have another calendar, write it on that too.
- If you need to find a babysitter or get a ride do it right away. Then you don't have to worry about scrambling at the last minute.

If you need help finding a dentist & have Medicaid, FAMIS Plus, or FAMIS call *Smiles For Children* Customer Service at 1-888-912-3456.

You were nervous about the appointment. Lots of people are afraid to go to the dentist. Here are some tips to put you at ease:

- Find a dentist that you like and trust. Call this number **1-888-912-3456** for the names of dentists in your area.
- Go see the dentist. They care about your mouth and want to help you take care of it. The more you see the dentist the better your mouth will be. Try to see your dentist two times a year.
- If the noises scare you take music along. Relax. Breathe slowly in and out. Think of something that you really like; a favorite place or a good memory.
- Worried about pain? Dentists have lots of new ways to work on your mouth – there is very little pain now with anything the dentist does.
- Tell the dentist that you are afraid. The dentist will work with you on that.

Don't forget to call the dentist if something changes and you can't go to the appointment. That way you can re-schedule and someone else can see the dentist during the time you're cancelling. Here are some times that you need to call the dentist:

- If you are sick. Let the office know you can't make your appointment
- If you are going to be late. Let the dentist's office know – they might be able to see you a little later the same day.
- If your car breaks down. Let the dentist's office know you can't get there for your appointment.
- If you can't leave work. You planned on leaving work but now your boss says you can't or you've got a big project you need to finish. Call the dentist's office and let them know you can't make it.

On the day of the appointment take the dentist office phone number with you. Then, if you're going to be late you can let the office know.

A final word about trying hard to keep the appointment you schedule. When you miss an appointment it doesn't cost you anything but there are costs to others. The dentist has to pay rent on the office and dental equipment and the dentist holds time for you. The dental hygienist and other staff are there for you. The dentist and staff have chosen to see you. Make sure you choose to keep your appointment whenever possible.

Tips from the dentist:

- Brush your teeth twice a day with fluoride toothpaste. Always spit out all the toothpaste!
 - Floss your teeth every day to remove the food between your teeth.
 - Eat a healthy diet and if you snack eat nutritious foods.
- Visit your dentist regularly

Remember, a healthy mouth and teeth are important parts of a healthy body.