

Dental

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Get the Most from Your Health and Wellness Record

Dental

Appointment Record: [Start with one page, and print more as needed.](#)

This chart should be used as a quick reference to keep track of dental appointments. Just write down the date, purpose of the visit, and any notes you have. This will help you keep track of routine appointments, such as your most recent dental cleaning.

Provider Profile: [Print one sheet for each dentist you see.](#)

Under this section you should keep a provider profile for any dentists you see. A provider profile is a sheet of paper that you can fill out with information about your doctor, as well as their location and contact information. There is also room to put a photo of your dentist, if you find that helpful.

Appointment Summaries: [Print ten copies so that you have them on hand for appointments.](#)

An appointment summary is helpful to prepare for your appointment and to take notes during and after the appointment. Appointments with the doctor are usually about 15 minutes long. Often changes are made to your medications or care during the appointment. It can be beneficial to write things down during the appointment or soon after while details are fresh in your mind.

You may choose to use the Appointment Record, the Appointment Summary, or both forms.



Provider Profile

Provider's Name

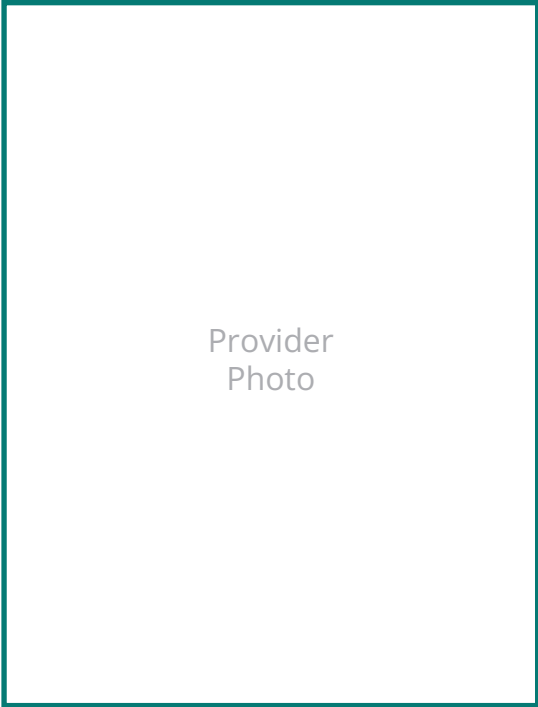
Clinic

Address

Phone

Email

Why do I see this doctor?



Appointment Summary

Doctor's Name	
Appointment Date and Time	
Address	
I have scheduled this appointment because	
Symptoms I want to discuss	
Questions I want to ask	
Notes (Medication changes, doctor comments, recommendations, etc.)	
My To-Do List	