



Pre-op Instructions for established patient exam and cleaning.

Thank you for choosing GO Dentistry for all your dental needs. We are excited about your return visit and wanted to provide some instructions on how to prepare for your established patient visit.

During an established patient exam at our office, you can expect a periodic evaluation of your oral health and a chance for our team to get updated on your medical and dental history. To ensure a speedy and thorough visit please review the following preoperative instructions.

Please update your medical history and medication documents prior to your visit and update your online MyChart profile. If you cannot access the documents at home, please arrive 30 minutes prior to the start of your visit to complete the necessary paperwork. If the necessary paperwork is not completed, it might affect what can be accomplished during the visit. The first step is to update the medical and dental history form. This helps our team understand your overall health, any medical conditions, medications you are taking, and any past dental treatments or issues.

X-rays and Imaging

X-rays or other dental imaging will be updated to provide a detailed view of your teeth, gums, and jaw. These images help us identify any underlying dental problems not visible during a visual examination. In addition to dental imaging, we will also be obtaining a set of traditional photos of your teeth and smile for our records. We will be updating your dental records with the necessary imaging in order for us to be able to treat you to our standard of care.

Oral Examination

Our team will visually examine your *mouth, teeth, gums, tongue, and other oral tissues*. They will look for signs of *tooth decay, gum disease, oral infections, and any other dental issues such as TMJ and cosmetic concerns you might have as well*.

Dental Charting

Our team will update your dental chart, which includes recording the condition of each tooth, existing restorations, and any areas of concern.

Gum Evaluation

The health of your gums is crucial for overall oral health. Our team will assess the condition of your gums, looking for signs of inflammation or gum disease.

Bite and Jaw Alignment

Our team will check your bite and jaw alignment to identify any issues with your occlusion (how your teeth come together). Problems with your bite can lead to various dental and jaw-related issues.



Oral Cancer Screening

Finally, an oral cancer screening, where our team checks for any signs of abnormal tissue or lesions in the mouth will be updated.

Treatment Planning

After the examination, we will discuss your findings with you and will present a treatment plan if any dental issues are detected. The treatment plan will outline any necessary treatments and their associated costs.

Oral Hygiene Instructions

The team will then provide personalized oral hygiene instructions, including proper brushing and flossing techniques, to help you maintain good oral health at home.

Addressing Concerns

This is a great opportunity for you to ask any questions or express any concerns you have about your oral health or dental treatment.

Cleaning

A cleaning will be provided during the visit based on your periodontal health.

The established patient visit serves as a important maintenance for your dental care at Go Dentistry It allows the team to establish an update of your oral health and maintain your overall dental and oral health.

Thank you and please text, email, or call us if you have any issues or questions.

We are excited to see you again at GO Dentistry.

Welcome Back!



Post-op Instructions for established patient exam and cleaning.

Postoperative care following an established patient visit is generally straightforward since the visit is non-invasive. Here are some post-op instructions to follow your routine maintenance visit.

Resume Normal Activities

You can resume your normal activities after the visit.

Follow Recommendations

If our team has identified any oral health issues during the exam and provided treatment recommendations, follow their recommendations and treatment, and schedule any necessary follow-up appointments promptly. Visit your MyChart profile to review any documents, and treatment plans for your visit.

Maintain Oral Hygiene

Continue with your regular oral hygiene routine, including brushing your teeth twice a day and flossing once daily. Proper oral hygiene is essential for preventing dental problems.

Fluoride

If fluoride varnish was placed, refrain from drinking or eating for 30 minutes after your visit. Your teeth will feel sticky during that period.

Address Any Concerns

If you have any questions or concerns about the results of your dental exam, treatment recommendations, or anything related to your oral health, don't hesitate to contact the office. Clear communication is vital for your dental care.

Follow-Up Appointments

If our team has recommended any follow-up appointments for additional treatments or procedures, make sure to schedule them as soon as possible to address any potential dental issues promptly.

Maintain Regular Dental Check-ups

Schedule regular dental check-ups as recommended by the team, typically every three or six months. These visits are crucial for monitoring your oral health and catching any potential problems early.



Adopt Healthy Habits

If the dental exam revealed any areas of concern, such as signs of gum disease or tooth decay, take steps to adopt healthy habits like reducing sugar intake, avoiding tobacco, and following the team's advice for maintaining good oral health.

Oral Cancer Awareness

Be mindful of any changes in your mouth, such as unusual sores or spots, and promptly report them to our team. Early detection of oral cancer can significantly improve outcomes.

Remember that a new patient dental exam is a valuable step in establishing your dental care plan. By following these postoperative instructions and maintaining regular dental visits, you can help ensure excellent oral health and catch any potential dental issues early, leading to better treatment outcomes.

If you have any specific questions or concerns related to your new patient dental exam, don't hesitate to reach out to our office for clarification and guidance.

Thank you and please text, email, or call us if you have any issues or questions. See you soon!