



Pre-op Instructions for new patient exam

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

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

Before your visit

Please complete all new patient paperwork and documentation prior to your visit and set up your online MyChart profile. If you cannot access the documents at home, feel free to come in early & enjoy the goodies at the #GOBAR and we will provide you w/ an I-PAD to complete all documents in the office. We ask that you 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.*

Our New Patient paperwork consists of four sections. Your first step is to review & sign your HIPPA Agreement, second being your personal information and finally you will complete two sections reviewing your personal medical and dental history. These forms are important in helping aid our team to support your oral hygiene goals, address/treat your dental needs and help our team better understand your overall health. Any medical conditions, medications you are taking, and any past dental treatments or issues which will help guide your personalized care.

At the start of your visit

X-rays (radiographs) and Imaging

X-rays or other dental imaging will be taken to provide a detailed view of your teeth, gums, and jaw. These images help our team identify any underlying dental problems not visible during a visual examination. *In our office X-rays are done every six months with our 'standard of care' focusing on science back evidence dentistry.* This means that we use imagery as a preventative tool to identify potential concerns and to prevent problems from arising.

In addition to dental imaging, we will also be obtaining a set of traditional photos of your teeth and smile for our records. This series is crucial in identifying and curating a 3D model of your facial construct, helping our providers to identify and build a profile unique to you and your skeletal structure. This series of images is done during your initial visit and may be updated as you pursue treatment or have procedures that modify and enhance your smile & bite.



Dental X-rays are internal images of your teeth and jaws. We use these radiographs to examine structures not visible during a routine checkup, like your jawbone, nerves, sinuses, and teeth roots. Because your bite is ever changing, we capture these on a bi-annual basis typically every six months.

How are dental X-rays done?

Before taking dental X-rays, a technician will place a lead apron over your chest and may wrap a thyroid collar around your neck. This helps protect you from excess radiation.

When it's time to take the X-rays, you'll either sit in a chair or stand in front of an X-ray machine. A technician will place the film or sensor, and then press a button to take the X-ray image. It's important to hold as still as possible during this process.

Are dental X-rays safe? YES!

The radiation risk from a dental X-ray is quite small. In fact, the amount of radiation you get from a full set of dental X-rays is comparable to the amount of radiation you absorb from things like:

TVs, smartphones, and computers.

Building materials like ceramic floor tiles and granite countertops.

Background radiation from the sun, stars, and the Earth itself.

In extremely large doses, however, dental X-rays can be harmful and may even increase your cancer risk. That's why you shouldn't have X-rays more often than necessary. Your healthcare provider can help you weigh the risks vs. benefits of dental X-rays.

If you have any dental x-rays taken in the past, please have them forwarded to our office to aid in your treatment. This does not mean new radiographs will not be necessary, as studies show the best way to build treatment is to better understand the history of an individual's smile.

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.



There are a total of eight areas our providers will work together to examine and document to build your personalized patient profile.

1. Radiographic

This is referencing the series of images and X-rays captured to help diagnose and treat pain or concerns.

2. TMJ

There are two matching temporomandibular joints — one on each side of your head, located just in front of your ears. The abbreviation “TMJ” literally refers to the joint but is often used to mean any disorders or symptoms of this region. The temporomandibular joint and muscle disorders (TMJ disorders) are problems or symptoms of the chewing muscles and joints that connect your lower jaw to your skull.

A thorough examination of the TMJ may involve:

A dental examination to show if you have poor bite alignment.

Feeling the joint and connecting muscles for tenderness

Pressing around the head for areas that are sensitive or painful.

Sliding the teeth from side to side

Watching, feeling, and listening to the jaw open and shut

X-rays to show abnormalities.

Your doctor will also need to consider other conditions, such as infections, ear infections, neuralgia, or nerve-related problems and headaches, to determine the exact cause of TMJ-related symptoms such as headaches, earaches, or toothache.

3. Head & Neck

The head and neck examination will enable the clinician to focus attention on careful observation of the structures of the head and neck. The sequence used in performing the head and neck examination and subsequently the intraoral examination is not as important as performing each examination using the exact same sequence every time. Consistency enables the clinician to perform these examinations quickly and efficiently while still maintaining the highest degree of awareness in order to identify abnormal versus normal conditions.

4. Tooth Structure

Aside from examining x-rays for the presence of cavities, we'll look directly at your teeth. The small, pointy instrument used to poke and examine your teeth is called an “explorer.” In many cases, our dentist will assess the health of the tooth structure by feel as much by sight.



5. Morphological

Dental morphology is the study of the shape, size, and distinguishing features of teeth. It includes the makeup of a set of teeth, including their kind, number, and arrangement. Our providers will work with their assistant to curate a personalized tooth chart that will create a snapshot of this information for treatment planning and diagnosis.

6. Periodontal

Around each tooth, there is a space, or “pocket,” where it connects to the gums. The deeper these pockets, the greater your likelihood of gum disease.

Deep pockets show that your gums have pulled away from your teeth. These pockets are the perfect place for bacteria to grow. Eventually, gum disease can weaken your gums and jawbone to the point that your teeth may loosen and fall out.

Your dentist or hygienist uses a thin metal instrument, called a *periodontal probe*, to measure each periodontal pocket. You may hear your dentist calling out numbers to the dental hygienist. Each number refers to the depth of the pocket in millimeters.

A healthy pocket is usually 1–3 mm. *A pocket of 4 mm or more usually suggests gum disease. Your dentist can determine whether treatments like scaling and root planning are needed to improve your gum health.*

7. Dentofacial

During this part of the exam, your provider will analyze varied areas of your mouth and document the tooth color, tooth position, tooth alignment, and the shape, size, and position of the gums when smiling or speaking.

8. Airway

An airway screening is a quick, painless, and non-invasive procedure that dentists use to assess a patient's airway function. During the screening, the dentist examines the patient's oral structures and asks questions about their breathing. The dentist may also observe the patient's head position, gait, and eyes.

During your visit

During the visit your providers & their team will work together to provide a thorough comprehensive examination so that we may best treat any symptoms found, some additional areas include ***dental charting, gum evaluation, bite and jaw alignment, and oral cancer screening.***

Dental Charting:

Our team will create or 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.

The Cleaning

Prophy:

Dental prophylaxis is a dental cleaning that includes a full examination of your mouth and teeth, and a thorough cleaning. *The American Dental Association* and dental insurance companies recognize prophylaxis appointments as a necessary preventive measure once every six months.

Prophylaxis can help prevent oral health issues, such as: Gum disease, Tooth decay, Tooth loss.

During a prophylaxis cleaning, a dental hygienist uses an ultrasonic scaler, pick, or other tools to thoroughly clean your teeth. If your gums are irritated due to bacterial buildup, they may become sore or bleed slightly during the cleaning.

If you have a high risk of dental disease, you may need to attend a dental prophylaxis appointment every three or four months. If your teeth and gums are very healthy, you may not need to go as often.

After your visit

Once the examination is finished and the cleaning has been completed, your providers will review your patient profile and deliver a snapshot of your oral health. Our goal is to have each patient presented with the findings, giving a transparent disclosure of all areas of concerns and give important patient education on best practices, ways to improve their position and present the patient with any diagnosis and best recommendations to remedy any underlying concerns.

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.

If time and depending on your overall dental health, a cleaning might be provided.

The new patient exam serves as a foundation for your dental care at **GO Dentistry** and should not be rushed. It allows the team to establish a baseline of your oral health and develop a personalized approach to meet your dental needs. Remember to be honest about your dental history and any concerns you may have, as open communication with your dentist is vital for effective treatment and care.

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

We are excited to see you at GO Dentistry and are happy to be your go-to for all your dental needs!