

Appointment Preparation

New & Reestablish Patient Appointment

- Original paperwork if not mailed in.
- List of any medications and supplements.
- Have any of your x-rays available from previous/current dental office emailed to: HCD@HEALTHCENTEREDDENTISTRY.COM.
- Bring any appliances you have, even if they are not currently being worn.
- List of medications and supplements.

Orthodontic Appointment

- Bring any appliances you have, even if they are not currently being worn.
- List of any new medications and supplements.
- Remember to be doing mouth muscle massage at least once a day.
- Brush, floss, and water-pik at least twice a day and prior to your appointment.
- List of any questions/concerns you may have.

Restorative Appointment (Crowns and Fillings/Restorations)

- If you are having amalgam removed as part of your dental work, see the information regarding “Amalgam Detoxification Protocol” in our “Patient Portal”. (Password: HCD2006)
<https://www.healthcentereddentistry.com/amalgam-detoxification-protocol/>
- Bring any appliances you have, even if they are not currently being worn.
- List of any new medications and supplements.
- Remember to be doing mouth muscle massage at least once a day.
- Brush, floss, and water-pik at least twice a day and prior to your appointment.
- List of any questions/concerns you may have.

Hygiene Appointment

- Bring any appliances you have, even if they are not currently being worn.
- List of any new medications and supplements.
- Remember to be doing mouth muscle massage at least once a day.
- Brush, floss, and water-pik at least twice a day and prior to your appointment.
- List of any questions/concerns you may have.
- If you plan to have a saliva test, or think you might be interested, do not brush, floss, water-pik, use mouthwash or eat/drink anything 30 minutes prior to your appointment.

Myofunctional Therapy (MFT)

- Bring any appliances you have, even if they are not currently being worn.
- List of any new medications and supplements.
- Remember to be doing your MFT exercises and mouth muscle massage once a day.
- List of any questions/concerns you may have.

Appliance, Partial Denture or MRO Adjustment

- Bring any appliances you have, even if they are not currently being worn.
- List of any new medications and supplements.
- Remember to be doing mouth muscle massage at least once a day.
- Brush, floss, and water-pik at least twice a day and prior to your appointment.
- List of any questions/concerns you may have.

Extraction

- Bring any appliances you have, even if they are not currently being worn.
- List of any new medications and supplements.
- Remember to be doing mouth muscle massage at least once a day.
- Brush, floss, and water-pik at least twice a day and prior to your appointment.
- List of any questions/concerns you may have.
- Call the office 48 hours before your appointment if you have any questions regarding current medications and how they may affect your appointment.