



Preparing for Long Appointments | Instructions

Our goal for your restorative appointment is to optimize your treatment outcome and make the experience as pleasant as possible. We recommend that you:

1. Arrive Well Rested

Make sure you get good nights sleep the night before your treatment.

2. Address Anxiety Issues Prior To Your Appointment

If you are experiencing considerable anxiety in anticipation of your treatment, please consider taking anti-anxiety medication the night before and the morning of treatment. We will be happy to call the pharmacy closest to you for the appropriate prescription, so please let us know at least 24-hours in advance of your treatment. **IMPORTANT:** If you take anti-anxiety medication the day of your treatment, you must have someone available to escort you to and from the appointment.

3. Mind Your Medications

If you require antibiotics prior to treatment because of a heart defect or prosthetic joint be sure to take those medications as directed. If you suffer from frequent cold sores, a medication is available to prevent such an outbreak after dental treatment. It's best to begin taking this the day prior to treatment.

4. Eat Well

After your treatment, you may need to eat soft foods or drink full liquids for a few days, so be sure to eat a good meal the night before and the morning a long appointment – lasting more than three hours. If you are going to have IV sedation or oral sedation, please do **not** take anything by mouth 8 hours before your scheduled appointment.

5. Tune In To Tune Out

If you have a favorite movie or music that you would like to play during your treatment, please bring them with you to your appointment. We do have a small DVD library available, if you forget to bring one of your own. Tuning in to great music or a good movie during treatment helps patients tune out, which helps make their experience more pleasant.

6. Dress For Success

Wear comfortable clothing that is not priceless as dental materials can be difficult, if not impossible to remove.

Financial Considerations

We make every effort to inform you about the procedures and associated fees for your treatment. If you have *any* questions or concerns, please let us know in advance of your appointment.

Payment is expected the day of services, unless other arrangements have been agreed upon in writing prior to your appointment.

For treatment over \$1,000 a 5% discount is applied to payments paid in full (by cash or check) on or before the day of treatment.

When you schedule an appointment for treatment, we reserve that time just for you. We understand that conflicts can arise, however, cancellation without a 48-hour notice will be assessed at 15% of treatment fee.

Post-Treatment

Please follow all written and verbal instructions given to you at the end of your appointment. It is not uncommon for the muscles and jaw joint and gums to be sore after long dental appointments; however, this should be managed with Tylenol or Ibuprofen. If you have a problem or question after your treatment, please give us a call – we're here to help.

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- Dr. Jean Link | 303-859-2564