

## Finding the Right Dentist for You

Dental care is personal, so it's important to find a dentist you are comfortable with.

The best ways to find a dentist are word of mouth from friends or family, or by asking for a recommendation from a local specialist or the local dental society.

When searching for a dentist, check if he or she is a member of organized dentistry through local, state or specialty organizations. Most importantly, make sure the dentist participates with Delta Dental.

### Some signs of a good dentist:

- Good technique with patients
- Asks questions
- Communicates treatment plans clearly
- Provides a clear understanding of your procedure costs and out-of-pocket costs

### Be cautious of a dentist who:

- Uses large or tacky advertisements
- Has a "we can do it all" attitude
- Plans treatments by what your benefits cover and not your health needs
- Focuses on doing procedures instead of achieving and maintaining optimal oral health

## Did you know?

Three out of four dentists participate in Delta Dental networks nationwide.<sup>1</sup>



# Quick bites

Being a good dental patient can benefit your oral health and relationship with your dentist. Follow these tips:

- Show up on time for appointments
- Pay attention and don't hesitate to ask questions
- Be familiar with financial policies and costs, and understand your dental benefits
- Follow any post-operative recommendations
- Call early if there is a problem
- Brush twice a day, and floss daily



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on oral and overall health!

1. Delta Dental Plans Association

**Healthy Smile, Happy Life**

Delta Dental of Arkansas, Indiana, Kentucky, Michigan,  
New Mexico, North Carolina, Ohio, and Tennessee

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