

Be Safe Checklist

Expect

- To be seen by a, doctor, nurse or dentist for your consultation and assessment
- To have sufficient time to consider all the information- avoid making hasty decisions
- To be treated by a doctor, nurse or dentist
- A follow up appointment if necessary or desired

Ask Questions

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| What is this treatment/product? | How many treatments will I need and in what time frame? |
| How does it work? | Are you able to treat complications, should they occur? |
| What are the side effects/risks? | What happens if I am not happy with the result? |
| What are the alternatives I might consider? | Is it painful? |
| What results can I expect? | How do you minimise pain? |
| What will I look like immediately after? | What aftercare am I expected to perform? |
| How long will the results last? | What will it cost and what are the payment terms? |

What to Check

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| You may check the qualifications of a doctor (www.gmc-uk.org), Nurse (www.nmc-uk.org) and dentist(gdc-uk.org) | Ask to see the unopened box of product/ medicine to be used and make a note of it for future reference, should you later see another clinician. |
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Be Safe

- ↘ Do not proceed with treatment if you do not feel comfortable with the dentist, dental therapist or hygienist
- ↘ Do not proceed with treatment if you do not fully understand the information you are given
- ↘ Take the necessary time to make your decisions do not be hurried into the treatment
- ↘ Ask the practitioner to show you the product in its unopened package prior to treatment.
- ↘ Make a note of the practitioner's name and product used for future reference
- ↘ Ask for copies of before and after photographs for your reference
- ↘ Do not have treatment in your home, at 'parties' or exhibitions or in environments that are clearly not clean or appropriate.