

Oral Health Care in Pennsylvania

A Patient Guide

Where can I find oral health care?

- Federally Qualified Health Centers (FQHCs) and Rural Health Clinics (RHCs)
- Solo or small dental offices
- "Corporate" or "chain" dental facilities
- Hospital dental clinics
- Free clinics
- Dental vans
- Schools
- One-time events:
 - "MOM-n-PA"
 - "Give Kids a Smile"
- PA Coalition for Oral Health: [Where to Find Dental Care in Pennsylvania](#)

Who's in the dental office?

- Dentist
- Dental Therapists (other than in PA)
- Public Health Dental Hygiene Practitioners
- Dental Hygienists
- Expanded Function Dental Assistants (EFDAs)
- Dental Assistants
- Community Dental Health Coordinators/Community Health Workers

What should I know about a dental visit?

- Be on time and call ahead to cancel and reschedule if you can't keep the appointment
- Bring all medicines (prescription or OTC)
- Bring a list of health problems and allergies
- Your blood pressure may be checked
- You should be comfortable
- X-rays may be taken every 1-2 years
- You will be asked questions about your health and risk factors for oral disease - tobacco use, family disease, and more
- If you have diabetes, a blood glucose test may be necessary
- Teeth will be cleaned, scaled, and polished
- Problems will be recorded by staff
- The dentist may examine you
- Fluoride varnish may be applied to protect your teeth
- Sealants may be applied to molars - insurance covers this once in a lifetime
- Written follow-up treatment plan should be provided, if necessary
- Education will be provided about brushing your teeth and tongue, flossing, nutrition, proper use of fluoridated toothpaste, and drinking fluoridated water

Ask questions!

- Just as in the medical office, ask "why" questions about what is being done to and for you
- YOU are the custodian of your body!
- YOU need to understand!