

How to Get Ready:

1. Write down the names of all medications or supplements that you may be taking. Consider everything: Vitamins, over the counter Rx's, and personal habits. If you have "borrowed" someone's medication, we only need to know what you are taking, not from whom. Anything double (100% increase) of its normal amount to maintain a physiologic balance, or foreign substance may be considered a drug. Its activity may be an influence in the outcome of your treatment.

Make sure the name of your medication(s) is spelled correct, milligram (mg) dose is recorded, and how many times a day you have actually taken the medication.

Note any allergies to any medication or material that you know of.

2. Recall the history of your case. Dates of events are important. Be able to describe what you are experiencing in a chain of events. Write things down as they may happen to remember any details.

3. Some medical conditions or history of a previous illness or trauma could be important to your case. Even after successful healing from a previous medical problem, it may still pose conditions which may require medication adjustment or supplement(s) for safe and successful treatment.

4. Dress appropriately, and keep jewelry to a minimum. Things do splash and drop, so consider your choice of clothing. Jewelry and metal body objects can reflect/refract X-Rays and allow for scatter to body parts which would normally not be exposed. Lipstick and heavy makeup should be removed prior to a dental dam placement to prevent smudging.

5. Necessary paperwork and any questions you may have take time, so we suggest arriving 15 minutes early for your initial visit. Read our medical history and financial policy forms on the web site (<http://www.russindds.com>). Print and fill them out at home, at your own pace and research, and we can use them for your record, saving time. The same documents are at the office, and any copies can be provided upon request.

We suggest bringing any/all insurance forms and information with you.

Insurance benefits research and pre-determination can be done both in writing and via telephone/fax. Be aware that some Central and Pacific Time zone located employee benefit telephone numbers may not yet be open when you arrive at our office for an early morning appointment.

We suggest in addition to ours, that you should verify insurance coverage with your employer. Agreements and benefits change, and current data entry could be expired.

6. Bring along any existing records/referral slips/special instructions that you may have been given. Collect and bring in any partial or a full dentures, de-cemented crowns, or previous x-rays/photographs that may be part of your

case. Don't forget your favorite audio cassette tape, book, glasses, etc. We can provide reading material, radio/tape players, or television with headphones for relaxation.

7. Consider a light meal prior to leaving for the office. A typical "one-visit" procedure with registration, examination, local anesthesia, treatment, and check-out is about 2 hours. Our office does offer nitrous oxide, oral (pill) or IV (intravenous) sedation for your procedure(s). Special and specific instructions consent and dietary considerations are required for sedation during treatment. Please contact our office for further information if you request our anesthesia services.

8. Our goal is to make your visit with us as comfortable as possible. We will attempt to earn your respect by listening to your needs. We will attempt to call you after treatment to check your progress. If you are not happy with something, please let us know. If all's well, let us know, too. Postpaid feedback cards are also available at the office, or drop us a note / e-mail...or tell us face to face. We welcome suggestions to the web site. Your input is essential for our growth, direction, and improved patient care.

Thank you,

Dr. Russin and Staff

Notes: