

For my dentist

You need to know...

I have ADHD, so...

- I have difficulty maintaining my oral hygiene routine, especially...
 - Brushing
 - Flossing
- Know that I'm trying my best, and education on the importance of this isn't necessary or helpful
- I may get overstimulated. Please collaborate with me to make a plan to reduce my anxiety while I'm here (see ideas list).

I have or had an eating disorder, so....

- The impact of malnutrition and/or purging on my teeth may explain what you see. Please...
 - Feel free to ask me for details
 - Respect my privacy around this
- Please do not talk negatively about sugar or food in general
- Please avoid discussing whitening or other cosmetic procedures with me

How you can help me at the dentist

Accommodation ideas

- Allow me access to my sensory or anxiety support tools, including:
 - Headphones
 - Sunglasses
 - Hand mirror
 - Fidget item
 - Weighted blanket
 - Other: _____
- Turn off or dim fluorescent lights
- Limit talking during the procedure
- Explain to me what you're doing and why you're doing it as well as what sensations (e.g. cold, pressure, vibrating, pain) in advance
- Keep sharp objects out of my view or ask me to close my eyes
- Other: _____