How to Schedule a Dental Appointment

2. Find a dentist that accepts KanCare here: www.oralhealthkansas.org/KanCare.html
3. Call the phone number for the clinic you select and tell scheduler if you prefer a certain day of the week, date, or time for your appointment (initial appointments last about one hour).
4. Have your calendar and any insurance cards or documents in hand during the call.

WHEN SHOULD YOU GO TO THE DENTIST?
Anytime you have an urgent dental problem and for a dental check-up every 6 months. Please arrive 20 minutes before your appointment time. We look forward to your visit!

Dental Health at Home

EAT HEALTHY FOOD
Avoid sugary foods and drinks. Sugar feeds germs and creates acid that harms your teeth. Crisp vegetables and fruits (like fresh carrots or apples) and calcium-rich foods (like almonds, milk or yogurt) will keep your teeth healthy and strong.

AVOID SNACKING
After eating or snacking, food and germs cause acid that attacks teeth. Snacking without brushing your teeth increases food and acid left on teeth. Three meals a day and fresh fruit or vegetable snacks, followed by brushing, reduces acid.

PREVENT ORAL HEALTH PROBLEMS
Chew sugar-free gum or xylitol gum to help make teeth strong and stop decay. Avoid tobacco and betel nut; they stain your teeth and contain ingredients that can lead to oral (mouth) cancer.

BRUSH TWICE A DAY AND FLOSS ONCE A DAY
Use a toothbrush with toothpaste to clean all parts of your teeth. Use floss to clean between your teeth.