



Tips for visits to the dentist

Prior to visiting the dentist, provide the practice with this information sheet to help make your treatment safe and comfortable

I have Parkinson's

- 💡 Parkinson's is a progressive, neurodegenerative movement disorder.
- 💡 Primary motor symptoms include rigidity, tremor, slow movement, postural instability, difficulty speaking, decreased facial expression and weakness of face and throat muscles.
- 💡 Primary non-motor symptoms include loss of smell, sleep disturbances, depression, excessive saliva, anxiety and cognitive issues.
- 💡 Prior to treatment, please talk to me about any potential drug interactions with my Parkinson's medication.

Communication

- 💡 Please allow additional time for responses because my symptoms include difficulty speaking. I may need a longer lead time before responding to questions.
- 💡 My decreased facial expressions can make it difficult to express discomfort while I am in the chair. Can we agree on a physical signal for me to use when I am having trouble swallowing or need a break?

Treatment

- 💡 Please use more frequent suction during cleaning, as my cough reflex may not be as strong as other patients.
- 💡 Please look for excessive loss of tooth structure; Parkinson's tremors of the orofacial musculature and the use of levodopa medication may cause bruxism.
- 💡 Please keep the dental chair at an incline of 45° or higher to enable comfortable swallowing.
- 💡 I may need help to get into and out of the dental chair slowly to reduce the likelihood of falls.

Source: Parkinson's Disease: Systemic and orofacial manifestations, medical and dental management. The Journal of the American Dental Association

