STUNNING DENTISTRY · PATIENT CHECKLIST

# Pre-Travel Checklist: Your Trip to New Delhi

Relax. Your 24/7 CRM arranges your Hotel, Airport Pickup and schedule. This list covers the week before you fly.

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## 1 1 Week Out

- [ ] **Have your signed Treatment Plan and quote**
  Your itemized CAD Quote lists every clinical item and when each payment is due. Check that you have signed it and returned it to your 24/7 CRM.

- [ ] **Check your passport and e-Medical Visa**
  Check that your passport stays valid well past your return and has blank pages. Your e-Visa approval comes by email from indianvisaonline.gov.in, so save a copy on your phone. If it has not arrived, tell your 24/7 CRM today.

- [ ] **Confirm your flights to Delhi**
  You fly from your nearest major Canadian airport to Delhi (DEL). You fly home after your final checks between day 5 and day 7, once our team clears you to travel, so confirm your return date with your 24/7 CRM.

- [ ] **Send your flight details to your 24/7 CRM**
  Your 24/7 CRM books your Hotel near the Clinic and arranges your Airport Pickup. You get the driver's name, vehicle plate and phone number 24 hours before you land.

- [ ] **Send your GP medical clearance, if you need it**
  You need it if you have heart disease, take blood thinners, have diabetes, an autoimmune condition or a weakened immune system, have had radiation or chemotherapy recently, or are pregnant. We send your GP the clearance form. Send the signed form to your 24/7 CRM before you fly.

- [ ] **Confirm which treatment your plan covers**
  Your Treatment Plan names the work: a single dental implant, All-on-4 or All-on-6, zygomatic or basal implants, full mouth rehabilitation, veneers and smile design, or a denture. Check that the plan you signed matches what you discussed on your video consult, and ask your 24/7 CRM about anything that differs.

- [ ] **Full-arch implants: plan for one trip**
  All-on-4, All-on-6, zygomatic and basal implants, full mouth rehabilitation and overdentures take one trip of 5 to 7 days: your surgery and fixed zirconia teeth are complete on that trip, with nothing to come back for. Keep those days open in your calendar before you fly.

## 2 3 Days Out

- [ ] **Agree a medicine plan with your GP**

  If you take aspirin or a blood thinner, stop only if your GP tells you to, and follow their timeline exactly. Ask your GP or pharmacist which pain medicines to avoid before surgery. Your Surgeon confirms both at your consult.

- [ ] **Get a cleaning from your hygienist**

  See your hygienist in Canada before you fly. A clean mouth carries fewer bacteria into surgery.

- [ ] **Refill your regular prescriptions**

  Take a 30-day supply in the original labelled packaging. Controlled medicines need a letter from your GP. Ask your 24/7 CRM about Indian customs limits.

- [ ] **Photograph your smile**

  Take front, side and laughing photos in good light, and add any old photos of teeth you would like back. Your Digital Smile Design uses them as a reference.

- [ ] **Tell your bank you are travelling**

  Give your bank and card provider your travel dates so your cards work in India.

- [ ] **Set up your phone for India**

  Add an international roaming plan or plan to buy a local SIM, so WhatsApp works when you land.

- [ ] **Tell your Dentist in Canada your travel dates**

  We brief the Dentist you choose in Canada and send your full surgical record, so give them our contact details.

- [ ] **Get your day-by-day schedule**

  Your 24/7 CRM sends it on WhatsApp. Check it against your flight times and Hotel booking.

- [ ] **Veneers and smile design: shade photos**

  Take a close-up of your teeth in daylight without flash, and a photo of a smile you like. Your Digital Smile Design uses both to agree shade and shape with you before any tooth is touched.

- [ ] **Dentures: pack the set you wear now**

  Bring your current denture, even a broken one. It tells your Surgeon your bite height and how your lip sits, which guides your fixed teeth or overdenture.

## 3 Day Before

- [ ] **Put your documents in one folder**
  Gather your passport, e-Visa, tickets and Hotel booking with your Treatment Plan, GP clearance, medicine list with doses, X-rays and CBCT scan (the DICOM file on a USB stick). Keep printed copies and a copy on your phone.

- [ ] **Stock your home for your return**
  Buy soft foods (yogurt, soup, eggs, mashed potato, soft pasta, smoothie ingredients), ice packs, a soft-bristle toothbrush and chlorhexidine mouthwash (ask your pharmacist). Your Surgeon tells you how long to keep to soft food.

- [ ] **Register your trip with the Government of Canada**
  Registration of Canadians Abroad is a free service that lets the government reach you in an emergency. Sign up at travel.gc.ca.

- [ ] **Know what your package covers**
  Your written CAD Quote covers the clinical work. Your 24/7 CRM helps with Airport Pickup and a Hotel near the Clinic. Flights, meals and sightseeing are yours to arrange, and sightseeing in Delhi or Agra fits around your schedule, never in the 72 hours after surgery.

## 4 Day of Travel

- [ ] **Pack your carry-on**
  Take your document folder, medicines in their original boxes, your phone and charger, an Indian plug adapter (Type D or M), toiletries and a change of clothes in case your checked bag is late.

- [ ] **Wear compression socks on the flight**
  They lower the risk of blood clots on a long-haul flight. Airports sell them if you forget.

- [ ] **Eat light, drink water and skip alcohol**
  Your surgery comes within 48 hours of landing. Arrive hydrated, with no alcohol in your system before sedation.

- [ ] **Save key contacts on your phone**
  Save your 24/7 CRM's WhatsApp, the High Commission of Canada in New Delhi, your GP, and the Dentist you choose in Canada.

- [ ] **Message your 24/7 CRM before you board**
  Check that you have the driver's name, vehicle plate and phone number for your pickup at Delhi airport.

## What your 24/7 CRM arranges for you

- Hospital letter for your e-Visa
- Hotel near the Clinic
- Airport Pickup
- Day-by-day schedule on WhatsApp

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### Questions about any item?

Message your 24/7 CRM on WhatsApp about any item on this list.

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