



NRI FAMILY RESOURCE

NRI Dental Visit Planner™

Plan Smarter. Travel Confidently. Make Every Day of Your India Visit Count.

A practical guide for NRI parents seeking pediatric dental care in Bengaluru.

32,000+
Children Treated

500+
NRI Families Supported

Dr. Mittal's Kids & Family Dental Clinics



WELCOME

The NRI Parent's Guide to Planning Your Child's Dental Care in India

If you're reading this, you've probably been thinking:

- "Can this treatment be completed during our India visit?"
- "How many appointments will my child need?"
- "Should I wait until our trip or seek care immediately?"
- "How do I coordinate treatment from another country?"

You're not alone.

Every year, families from around the world trust us to help plan their children's dental care during visits to India. This planner will help you prepare, avoid surprises, and make informed decisions before you travel.

STEP 1

Is This Visit Preventive or Treatment Focused?

Preventive Visit

- No pain
- No swelling
- No visible cavities
- Routine check-up due
- Cleaning due
- Orthodontic screening

Treatment Visit

- Tooth pain
- Cavities
- Broken tooth
- Dental trauma
- Space maintainer needs
- Habit correction concerns
- Orthodontic concerns



STEP 2

Gather These Records Before Travel

Please collect:

- Previous dental records
- Recent dental x-rays
- Medical history
- Current medications
- Allergy information
- Orthodontic records (if applicable)
- Previous treatment reports

Having records before travel helps us provide better planning and reduces unnecessary appointments.

STEP 3

Treatment Timeline Planner

Treatment	Typical Visits
Dental Check-up, Cleaning & Fluoride Application	1
Frenectomy	1
Sealants	1
Fillings	1-2
Crowns	1
LASER assisted Pulp Therapy	1-2
Space Maintainer	1
Sedation Dentistry	Planned individually
Early Orthodontic Assessment	1

Every child is different. A pre-travel review allows us to estimate timelines more accurately.

**STEP 4**

Before You Book Flights

Consider:

- Treatment dates
- Recovery time if needed
- School schedules
- Family commitments
- Follow-up appointments
- Time for emergencies or adjustments

We recommend arriving before treatment begins rather than scheduling treatment immediately after landing.

STEP 5

Questions to Ask Before Travelling

Has my child had:

- Tooth pain?
- Sensitivity?
- Swelling?
- Difficulty chewing?
- Mouth breathing?
- Thumb sucking?
- Grinding?
- Previous dental fear?

The answers help determine urgency and treatment planning.

STEP 6

Understanding Dental Anxiety

Many children are more anxious when treatment is delayed for years.

At Dr. Mittal's Clinics, every child is assessed using the:

Child Confidence Framework™ (CCF™)

We observe:

- Anxiety levels
- Cooperation progression
- Emotional milestones
- Preferred reassurance strategies
- Confidence development over time

Our goal is not just healthy teeth.

Our goal is helping children develop positive healthcare experiences that last a lifetime.

STEP 7

What Can Usually Be Completed During One India Visit?

Often Possible:

- Check-ups
- Cleaning
- Preventive treatments
- Fillings
- Crowns
- Many pulp therapies
- Habit evaluations

May Require Advance Planning:

- Multiple tooth rehabilitation
- Sedation procedures
- Myofunctional Therapy
- Orthodontics
- Complex developmental concerns
- Extensive treatment plans



NRI FAMILY CHECKLIST

NRI Family Checklist

Before You Travel:

- Send records
- Share concerns
- Confirm travel dates
- Schedule appointments
- Discuss treatment priorities
- Prepare your child emotionally
- Bring previous records

WhatsApp / Call
+91 99452 25971



ABOUT THE CLINIC

About Dr. Mittal's Kids & Family Dental Clinics



18 Years	Specialist Pediatric Dentistry
32,000+	Children Treated
500+	NRI Families Supported
4.9	Google Rating

Locations:

- Chandralayout
- Banashankari

Special interests:

- Child Dental Anxiety
- Preventive Dentistry
- Early Growth & Development
- Laser Dentistry
- Sedation Dentistry
- Habit Correction
- NRI Family Care Planning

[NEXT STEP](#)

Not Sure Where to Start?

Before booking flights, schedule a complimentary NRI treatment planning review.

Share your child's records and travel dates.

We'll help you understand:

- What treatment is needed
- What can be completed during your visit
- How much time to keep available
- Whether treatment should be prioritised now or later

WhatsApp Us for an NRI Planning Review
+91 99452 25971

