STUNNING DENTISTRY · PATIENT CHECKLIST

# Pre-Travel Checklist: Your First Trip to New Delhi

Relax. Your 24/7 CRM arranges your Hotel, your Airport Pickup and your schedule, and you get your fixed teeth in 3 days, planned with a 3D CBCT scan and Digital Smile Design. This short list covers the few things to do in the week before you fly.

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## 1 1 Week Out

- [ ] **Have your signed Treatment Plan and quote**
  Your itemised 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 New Zealand airport to Delhi (DEL). You fly home after your final checks on day 3 or 4, 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.

## 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 at home 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 at home your travel dates**

  We brief the Dentist you choose at home 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.

## 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.

## 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 New Zealand High Commission in New Delhi, your GP, and the Dentist you choose at home.

- [ ] **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

## Questions about any item?

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

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