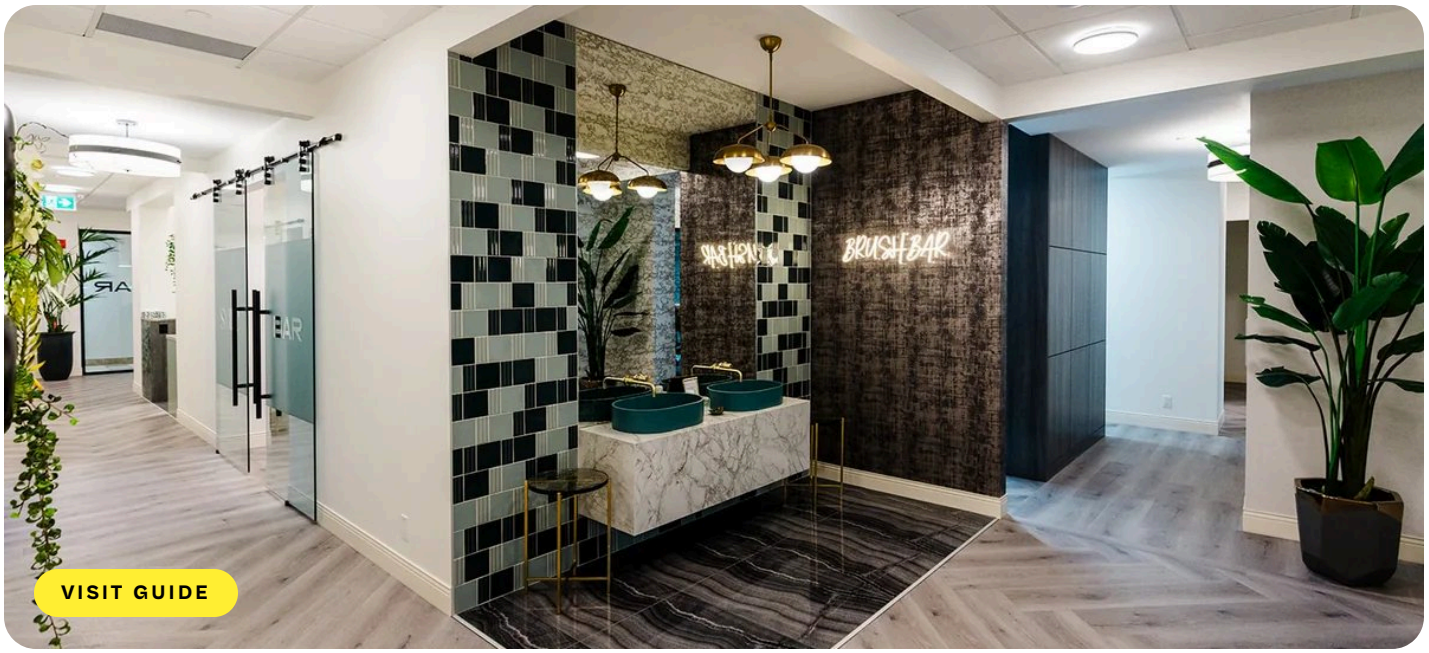


VISIT GUIDE

Your first visit at TOOTHbar

Your first visit starts with a conversation, not an exam. We take the time to understand you, look carefully, and build a plan together. Here is what to expect, what to bring and how to find us.

TIME
About 90 minutes
Longer than a standard checkup, and never rushed.

WHERE
Suite 217, 6707 Elbow Dr SW
Between Chinook Centre and Britannia.

PARKING
Free, on site
Accessible entry and accessible parking.

LANGUAGE
Care in 16 languages
Tell us yours when you book.

Before you arrive

- **Book online or by phone.** If you would like to meet us first, start with a free video consult from home.
- **Share your background.** We ask about your medical history, current medications and past dental experiences.
- **Records are welcome, not required.** X-rays from a previous practice can be transferred. Fresh imaging is often taken so we work from current information.
- **Been a while?** That is completely fine. You will not be judged.

What to bring

- [ ] Your dental insurance card or plan details
- [ ] A list of your current medications
- [ ] Any new patient forms we sent you, completed
- [ ] Your night guard or retainer, if you wear one
- [ ] Previous x-rays or records, if you have them
- [ ] Your questions, and anything that worries you about dental visits

Nervous about coming in? Start with a free video consult from home. Meet a member of the team, ask anything and get a feel for how we work before you commit to a visit.

How the visit unfolds

1. **Settle in.** You are offered a mocktail when you arrive. Take a moment. Nobody will rush you.
2. **A quick "Cheese!"** We take a set of photos of your smile. You will see exactly what Dr. Murray sees, and together you will examine your current status and discuss potential goals.
3. **Then, the conversation.** We ask how you sleep, whether you wake with jaw tension or headaches, how you breathe, what you eat and what matters to you about your smile.
4. **A thorough, explained assessment.** Digital imaging, then your teeth, gums, bite, existing dental work and oral tissues, plus an airway and breathing screening. You hear what we are looking at and why, in plain language.
5. **We build your plan together.** Anything urgent comes first. The rest is sequenced over time, and prevention starts on day one.
6. **You leave with a next step.** Usually that is your first hygiene visit. There is no obligation to continue care after one visit.

Insurance and fees

- **Direct billing** with most major dental insurance providers. Bring your card and we take care of the paperwork.
- **No insurance?** Our fees follow the Alberta Dental Fee Guide, and flexible monthly payments are available through Beautifi.
- **Written estimates.** If treatment is recommended, ask us for an estimate before you decide.



An example of the photos we take and review together at your first visit.

The comfort menu

- **Mocktails** on arrival
- **Weighted blankets** whenever you want one
- **Oxygen bar** and massage chairs in the relaxation lounge
- **Gentle freezing** techniques for any numbing you need
- **Pauses** any time. You set the pace and we follow it.

Studio hours

Mon and Tue	11:30 a.m. to 7 p.m.
Wed	10:30 a.m. to 5:30 p.m.
Thu to Sat	8:30 a.m. to 4 p.m.
Sun	Closed

Need to change your appointment? Call **403-246-1002** as early as you can and we will find a new time that works.

More from TOOTHbar

Read next: What to expect at your first visit · Dental anxiety and comfort · Your dental checkup

Planning: Dental financing guide · Care in 16 languages · Contact and directions

Book online | Free video consult

SCAN TO BOOK