



Chairside Sensory Checklist

Visual: Turn off overhead lights

Turn on lamps

Ready visual display equipment (pattern projector, lava lamp, waterfall fountain, LED Bubble machine, etc.)

Ready sunglasses/Night mask in case patient prefers

Remember to avoid sudden movements, hand gestures, and prolonged eye contact with client.

Hearing: Turn-off unneeded equipment to reduce noise

Place a towel between instruments and tray to reduce contact noise.

Ready sound machine (Set to calming sounds)

Ready ear plugs/ noise-cancelling headphones

Put cell phone on vibrate

Touch: Add soft cover to chair

Ready assistive equipment (weighted blanket, fidget toys, vibrating mini-massagers, exam gloves for patient to wear/hold, etc.)

Check for jewelry such as rings/ watches that may make abrasive contact with patient

Avoid using soft touch with patient (use firm touch)

Smell: Check area for strong smells

Use unscented cleaning and wash off strong smelling lotions or perfume

Taste: Ready fluoride and pumice paste flavor choices. Limit strong flavors if possible.