

FREE PRINTABLE GUIDE · 2026–2027 EDITION

Spanish–English phrases for a dental visit

For adult children and caregivers helping a Spanish-speaking parent

The essentials

1. Bring this sheet. Your parent can point to a phrase.
2. Many hospitals and clinics must offer language help at no cost.
3. Before treatment, agree on a stop signal.

1. Booking a visit and calling the insurer

SPANISH	ENGLISH
Quiero hacer una cita.	I'd like to make an appointment.
Tengo dolor. ¿Me pueden ver hoy?	I'm in pain. Can you see me today?
¿Alguien habla español?	Does anyone speak Spanish?
Necesito un intérprete, por favor.	I need an interpreter, please.
¿Aceptan mi seguro?	Do you take my insurance?
¿El dentista está en mi red?	Is this dentist in my network?
¿Cuánto me queda del máximo anual?	How much is left of my annual maximum?

2. At the front desk

SPANISH	ENGLISH
¿Tienen los formularios en español?	Do you have the forms in Spanish?
Mi tarjeta del seguro y mi ID.	Here are my insurance card and ID.
Esta es mi lista de medicinas.	Here is my list of medications.
Soy alérgico (alérgica) a ____.	I'm allergic to ____.
Tomo medicina para aclarar la sangre.	I take a blood thinner.

3. Describing pain

SPANISH	ENGLISH
Me duele aquí.	It hurts here.
Me duele desde hace ___ días.	It has hurt for ___ days.
Me duele con lo frío / caliente / dulce.	It hurts with cold / hot / sweets.
Me duele al morder.	It hurts when I bite down.
El dolor me despierta de noche.	The pain wakes me up at night.
Del 0 al 10, mi dolor es un ___.	On a scale of 0 to 10, my pain is a ___.

When not to wait

Facial swelling or fever: call the dentist the same day ("**Tengo la cara hinchada y fiebre**"). Trouble breathing or swallowing: **911** or the emergency room.

4. During treatment

SPANISH	ENGLISH
Si levanto la mano, pare, por favor.	If I raise my hand, please stop.
Necesito un descanso.	I need a break.
Estoy nervioso (nerviosa).	I'm nervous.
Tengo la boca dormida.	My mouth feels numb.
Todavía siento dolor.	I can still feel pain.

5. Money and paperwork

SPANISH	ENGLISH
¿Me da el presupuesto por escrito?	Can I have a written estimate?
¿Qué cubre mi plan? ¿Cuánto pago yo?	What does my plan cover? What do I pay?
¿Cuál es mi copago o coseguro?	What is my copay or coinsurance?
¿Tienen plan de pagos?	Do you offer a payment plan?

6. After treatment

SPANISH	ENGLISH
¿Me da las instrucciones por escrito?	Can I have aftercare instructions in writing?
¿Qué puedo comer hoy?	What can I eat today?
¿Qué puedo tomar para el dolor?	What can I take for the pain?
¿Cuándo se me quita lo dormido?	When will the numbness wear off?
¿Cuándo debo llamarlos?	When should I call you?
¿Cuándo es mi próxima cita?	When is my next appointment?

Know your rights

- Under Section 1557 of the Affordable Care Act, health programs that get federal funds (many hospitals, clinics and plans) must offer language help **at no cost. Ask if an interpreter is available.**
- According to HHS, your parent does not have to bring or pay for an interpreter, or rely on a child or family member. Complaints: **hhs.gov/ocr · 1-800-368-1019.**
- If they pay without insurance and book 3 or more business days ahead, they can ask for a **Good Faith Estimate.**

Looking for single words, like crown or deductible? See our **Spanish–English dental glossary** at puresmilemiami.com/en/blog.

Call us: (305) 787-3642

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We open Monday, November 2, 2026. Monday to Friday, 9:00 a.m. to 7:00 p.m., and Saturdays, 10:00 a.m. to 5:00 p.m.

Something unclear? Call us and we will explain it again, at your pace.

Sources: HHS Office for Civil Rights, *Know Your Rights: Language Access in Health and Human Services* (v. 2024-08) and Section 1557 language access letter (2024); 45 CFR § 92.201 (eCFR); CMS, *Medical bill rights: Good Faith Estimate*; MedlinePlus, *Talking With Your Doctor* and *Toothaches*; NIDCR, *Tooth Decay*; ADA MouthHealthy, *Anxiety*. Accessed October 2026.

General educational information. It does not replace a dental exam or your dentist's instructions. Results, risks and costs vary for each person.

Need help in another language? It is free: call (305) 787-3642. PureSmile Miami does not discriminate on the basis of race, color, national origin, age, disability or sex.

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