

Red Flags Checklist

20 questions to ask any dental clinic abroad — before you pay a deposit.

Dental treatment abroad can deliver genuine savings and excellent results — but only if you choose the right clinic. This checklist gives you the exact questions that separate trustworthy practices from ones to avoid. Work through every question with each clinic you are considering, record their answers in the columns provided, and trust your instincts when answers are vague or evasive.

⚠ Important

This checklist is part of a larger decision system.

If you are actively considering treatment abroad, use the full **Dental Abroad Safety System** before paying any deposit.

👉 [View full guide](#)

■ **CRITICAL** Must clarify **before booking** — do not pay a deposit until you have a satisfactory written answer.

■ **IMPORTANT** Clarify **before travelling** — important for safety and avoiding unexpected costs or disappointment.

How to use: Contact each clinic and work through every question. Record their answers in the boxes provided (Clinic A / Clinic B). A trustworthy clinic will answer every question clearly, in writing, without pressure. Evasion, vague replies, or pushback = look elsewhere.

These questions help you identify risks — but they do NOT cover:

- Total cost planning
- Treatment timelines
- Recovery risks
- Country comparisons

👉 [Get the full system here](#)

QUESTION	CLINIC A answer / notes	CLINIC B answer / notes
<p>■ CRITICAL CHECKS (10 questions) — answer required before paying any deposit</p>		
<p>1 Detailed itemised written quote Demand line-by-line costs: implants, crowns, anaesthesia, X-rays, temporaries, lab fees. Vague 'all-inclusive' pricing is a major red flag.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>2 CT scans & X-rays included in the price? Some clinics quote low then charge separately for diagnostics. Confirm upfront what is in and what isn't before agreeing anything.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

<p>3 Implant brand name confirmed in writing Ask for the manufacturer name. Reputable brands: Nobel Biocare, Straumann, Osstem, MegaGen. Unnamed or 'local' brands carry higher long-term risk.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>4 Written guarantee — scope and duration stated Get any guarantee in writing. Clarify exactly what is covered, for how long, and what voids it (e.g., missed follow-ups, smoking, poor oral hygiene).</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>5 Same dentist performs the full treatment High-volume clinics sometimes rotate staff between patients mid-treatment. Consistency is especially important for implants and full-arch cases.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>6 Complications after return home — written policy Who do you contact? Will remedial costs be covered? Do they have a UK-based contact? Vague answers here are a serious warning sign.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>7 Clinic registered with national health authority Hungary: National Public Health Centre (NNK). Poland: Regional Medical Chamber. Turkey: Turkish Dental Association (TDB). Ask for registration number and verify independently.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>8 Temporary crowns/restorations included For implants and full-arch cases requiring two trips, temporaries are essential. Confirm they are included — or clarify the cost if separate.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>9 No pressure tactics or 'limited time' deals A trustworthy clinic gives you time to consider and compare without urgency. Pressure to decide quickly is one of the clearest red flags of all.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>10 Sterilisation protocols confirmed All instruments should be single-use or autoclave-sterilised between patients. Ask directly — a reputable clinic will answer without hesitation.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>■ IMPORTANT CHECKS (10 questions) — clarify before you travel</p>		
<p>11 Verifiable before/after photographs available Authentic patient photos (not stock images) are a positive sign. Ask for cases similar to yours in complexity and treatment type.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>12 Dentist qualifications and years of experience Ask to see credentials. EU-qualified dentists (Hungary, Poland) operate under EU directives. Check registration independently where possible.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>13 Free video consultation offered before travel A reputable clinic will review your X-rays, discuss your case, and provide a preliminary treatment plan before you book flights or pay any deposit.</p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

💡 Feeling unsure how to interpret answers?

The full system includes:

- A scoring framework
- Clinic comparison tools
- Step-by-step decision process

👉 [Access it here](#)

<p>14 Independent reviews on Google / Trustpilot</p> <p>Look for volume and recency. Hundreds of 5-star reviews posted in a short window can itself be a red flag. Check for responses to negative reviews too.</p>		
<p>15 What happens if veneer chips or implant fails within year 1?</p> <p>A clear, straightforward answer shows a clinic that stands behind its work. Evasion, extra charges, or 'it depends' without detail are warning signs.</p>		
<p>16 Full treatment records sent to your UK dentist</p> <p>Good clinical handover is essential for ongoing dental health. Insist on full records: X-rays, treatment notes, implant brand and specifications.</p>		
<p>17 Payment structure and deposit policy understood</p> <p>Be cautious of clinics requiring more than 30–40% upfront before any work has begun. Understand refund policies clearly before signing or transferring funds.</p>		
<p>18 Dedicated English-speaking patient co-ordinator</p> <p>Clear communication matters at every stage — from treatment planning to post-treatment aftercare. Language barriers significantly increase the risk of misunderstandings.</p>		
<p>19 Lab location confirmed — where are prosthetics made?</p> <p>In-house or local EU labs generally offer higher quality control and faster turnaround than outsourced manufacturing in lower-cost countries.</p>		
<p>20 Travel and accommodation assistance available</p> <p>Not essential — but a sign of an established, patient-focused practice with experience looking after international patients end-to-end.</p>		

■ How to Score Your Clinic

After completing the checklist, use the simple scoring system below to compare clinics objectively:

■ Full, clear, written answer	+2 points
■ ■ Verbal answer — satisfactory	+1 point
■ Partial or vague answer	0 points
■ No answer, evasive, or refused to answer	-2 points (serious concern)

Interpretation guide:

Score	Rating	What it means
35–40 pts	Excellent	Clinic answers all questions fully. Strong confidence to proceed.
25–34 pts	Good	Most answers satisfactory. Clarify remaining gaps before booking.
15–24 pts	Caution	Several vague answers. Ask follow-up questions. Seek a second opinion.
Below 15	Walk away	Too many unanswered or evasive responses. Do not proceed.

⚠ Important

A “good score” does NOT guarantee a safe outcome.

You still need:

- Treatment planning checks
- Aftercare planning
- Full cost breakdown

👉 [Use the complete Dental Abroad Safety System](#)

1. Never pay a large deposit before receiving written answers

A reputable clinic will provide a fully itemised quote and written treatment plan before asking for any substantial payment. A deposit of up to 20–30% is normal; more than that before treatment starts is a warning sign.

2. Always book an independent consultation with your UK dentist first

Get an up-to-date full-mouth X-ray and treatment assessment at home. This gives you a baseline, helps you verify overseas quotes, and ensures your UK dentist has records if you need follow-up care after returning.

3. Use a credit card for deposits where possible

Section 75 of the Consumer Credit Act gives UK residents chargeback protection on credit card payments between £100 and £30,000 — valuable if a clinic fails to deliver or closes unexpectedly.

4. Research the destination country's patient complaint process

Hungary and Poland both have EU-backed patient rights frameworks. Turkey has the Turkish Dental Association (TDB) complaints mechanism. Knowing your options before you travel gives you leverage.

5. Allow recovery time — don't fly home immediately after major work

For implants and complex restorations, build in at least 1–2 days before flying. Pressure changes can cause discomfort, and complications are best caught while you are still close to the clinic.

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■ Country Quick Reference

<p>■ ■ Hungary</p> <p>✓ Strengths EU-regulated dentists Established 30+ yr track record Implant & full-arch specialist hub Conservative, phased approach</p> <p>■ Watch for Typically requires 2 trips Headline prices may exclude crowns Verify lab is in-house or local</p>	<p>■ ■ Turkey</p> <p>✓ Strengths Highly competitive pricing Fast single-trip turnaround Strong cosmetic dentistry offer 60-75% savings vs UK</p> <p>■ Watch for Variable clinic quality High-pressure sales common Verify material brands carefully Aftercare from UK is harder</p>	<p>■ ■ Poland</p> <p>✓ Strengths EU-regulated, EU patient rights Transparent itemised pricing Fewer pressure tactics reported Easy travel from UK</p> <p>■ Watch for Smaller dental tourism ecosystem Less 'all-inclusive' packages May need to organise travel yourself</p>
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Before You Pay Any Deposit

This checklist is just one part of making a safe decision.

The Dental Abroad Safety System shows you:

- Exactly what clinics DON'T tell you
- What's missing from most quotes
- How to avoid complications and rework
- How to plan recovery and UK aftercare

 [Get the full system here](#)

This checklist is provided for general guidance only. It does not constitute professional dental, medical, or legal advice. Dental Safety Abroad has no affiliation with any clinic, treatment provider, or manufacturer mentioned. Always seek independent professional advice before undertaking dental treatment abroad.