

Here we go. . . to the dentist



maxiSHARE

A product line of Children's Hospital and Health System

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I am going to the dentist today to keep my teeth healthy. I can bring a special toy or music with me. I will wait in the waiting room until it is my turn to see the dentist. I can look at a book or watch TV while I wait.



When it is my turn, I will go into a special room with a long chair. It can lean back like a spaceship.



First, the dentist will tell me about what will happen at my visit today. Then the dentist will show me the tools she might use.

I can touch the tools if I want to. Touching the tools is fun. Some of them tickle.



Next I will sit on the long chair. The dentist will put a paper bib on me. She will move the chair up when we are ready to get started.



I will see a light that might be bright to look at. The dentist needs the light to see my teeth. That's okay. She might give me sunglasses, or I can close my eyes or look down.



The dentist might say “time to open your mouth.” She might also say, “Hands on your belly” or “Quiet hands.” I need to lie still. I can hold my toy or listen to music.



First, the dentist will use a tiny mirror to look at my teeth. Then she will count my teeth with a long silver pencil. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20. It's fun to find out how many teeth I have.



The dentist will use a special toothbrush to clean my teeth. It tickles a little bit. The dentist might also sing a song.

I can listen and lie still until my teeth are all clean. It feels nice to have clean teeth.



The dentist will use some other tools to clean my teeth. One tool squirts a little bit of water in my mouth. The other tool sucks the water out like a straw. My dentist calls it "Mr. Thirsty." It makes a little noise, but that's OK. I can hold my toy or listen to music.



The dentist will use floss to clean between my teeth. Floss looks like string. It doesn't hurt. I just need to sit still. When she is done, she might say, "All done flossing."



Sometimes the dentist might need to take pictures called X-rays to see inside my teeth for cavities. First the dentist will put a heavy blanket on me. I can say, "It's heavy." That's OK. She will take it off when the X-ray is over.



Next, the dentist will put a card in my mouth and say, "Bite down." I will sit still and listen for a beep. After the beep, the dentist will take the card out of my mouth. Sometimes she will take some more X-rays.



When the dentist is done, she might say, "I'm all done." I might get a toothbrush or a prize to take home. I can say, "I did a great job." Having my teeth cleaned is good. Going to the dentist is not so hard. I know just what to do.