Going to the Dentist
Dentists are doctors who take care of teeth.

My dentist’s name is ________________________.
Other people work in the dental office too.

The dental assistant takes pictures of my teeth and helps the dentist.

The receptionist says hello when I come in.

She schedules appointments and gets my chart ready for the dentist.

The dental hygienist cleans my teeth.
These are the other people who work in my dental office:

* The receptionist is ___________________.
* Place a photo of your receptionist here.
* The dental assistant is ___________________.
* Place a photo of your dental assistant here.
* The dental hygienist is ___________________.
* Place a photo of your dental hygienist here.
When the dentist is very busy, patients have to wait.

If I have to wait, here are some things I can do:

- do homework
- watch TV
- read a book or magazine
- listen to music
- use something I like from home
I will sit in a big exam chair that slides all the way back.

I’ll be safe, even if it feels a little strange.

The dental hygienist will put a paper bib around my neck.

It is like a big napkin that keeps water and toothpaste off my clothes.

It might be a little scratchy, but I will be fine!

I’m ready for my dental exam!
To have quick and easy dental exam, I can:

- listen to music
- try to think of something else I really like
- take 10 deep slow breaths
- raise my fingers to show the dentist I’m uncomfortable
- say to myself, “This will be over soon. It’s not so bad!”

I raise my finger if something feels uncomfortable.
What’s Going on in My Mouth?

The dental hygienist will shine a bright light at my face.

It helps her see inside my mouth.

If I want, I can put my sunglasses on!

She will use a tiny round mirror to check for cavities on my teeth.

She will use a little pick to check between my teeth and gums.
**Taking an X-Ray**

Taking an x-ray doesn’t hurt.

I will wear a heavy cover around my shoulders.

I will step close to the x-ray machine and stay very still.

I will also need to bite on a little stick with my front teeth.

The x-ray machine will make a humming sound or a bright light.

The x-ray will be done quickly.

An x-ray is a picture of my teeth.

X-rays can find problems with my teeth.
He will look to see if they are strong and healthy.

The dentist might find **plaque** on my teeth.

If there is **plaque**, I will need to come back for a **cleaning**.

The dentist might find a **cavity**.

A **cavity** if a tiny hole growing on my tooth.

If he finds a **cavity**, I will have to come back for a **filling**.

But that’s another day!
The dental hygienist gives me a new toothbrush and dental floss to use at home.

The reception schedules another appointment before we leave.

My next dental appointment is on: _______________________

I will mark the next dental visit on my calendar.

All Done!

I will mark the next dental visit on my calendar.
I’ve had a great visit to the dentist!

My teeth are healthy and I feel happy about that.
Developed by the healthy folks at

The University of South Florida

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