



### I visit the dentist regularly.

I go to the dentist to help keep my teeth healthy. It is important so I can chew food and have clean teeth and healthy gums.

In most dentist offices, I sit in a big chair and lean back. Next to the chair is a sink used when it is time to rinse my mouth. There are some bright lights and different types of machines that make noises. I can ask the dentist about what they do. If something bothers me, I let them know. Here are some things that are done when I go to the dentist.

#### Clean my teeth

- When the dental hygienist tells me to, I open my mouth wide.
- The hygienist shines a bright light into my mouth to check my teeth.
- The hygienist uses a small tool to scrape dirt and bacteria which formed on my teeth.
- The hygienist uses a special brush and dental floss to clean each of my teeth.
- The hygienist also polishes my teeth so they look good.





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### Give me fluoride

- Fluoride is something the dentist uses to help make my teeth strong. It also helps prevent cavities.
- The hygienist will put foam or gel on my teeth. Sometimes I can pick the flavor of the fluoride. I need to keep it on my teeth for a few minutes.
- I listen to the instructions from the hygienist. If it bothers me, I let him or her know.

### Check for cavities

- The dental hygienist will take X-rays of my mouth. These pictures will show the dentist if I have cavities or if there are other problems with my teeth.
- There are different ways of taking X-rays. I listen to the instructions given to me.
- Before the pictures are taken, the hygienist will put a large blanket on my chest.
- I need to stay still when the pictures are being taken.
- If the X-rays hurt me, I let the hygienist know.

### Fix a tooth

- The dentist may have to fix a broken or damaged tooth.
- The dentist will explain what needs to be done.
- I can ask questions so I understand what will happen.

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