

# I Am Going to the Dentist

## What Does a Dentist Do?

A dentist is a doctor who cares for teeth. When you visit your dentist for a check-up, he or she will look at your teeth and gums to check for any problems. The dentist also wants to make sure your teeth are developing properly as you grow.



To ensure that your teeth and gums are healthy, it is important to visit the dentist every six months.

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## What Happens at the Dentist's Office?

First you will check in at the front desk to let them know you are there.



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Then you will wait in the waiting room until the dental hygienist calls you in to the exam room.



*Usually when you arrive at the dentist's office, you will meet with the dental hygienist before you meet with the dentist. A dental hygienist knows all about keeping gums clean and healthy.*

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When you get to the exam room you will sit down in a big, comfortable chair that reclines back. There is a place to rest your head and a lot of room to stretch out your legs.



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Next to your chair will probably be a little sink with a cup that you can use to rinse your mouth as the dental hygienist cleans your teeth.



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A bright light will shine down into your mouth so the dental hygienist can get a good look while she cleans your teeth. You can wear sunglasses if the light bothers you.



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The dental hygienist will clean your teeth with her dental tools.





Then the dental hygienist will floss your teeth and show you the correct way to brush and floss your teeth at home.



During some visits, the dental hygienist will take X-rays, or pictures, of your teeth to check for cavities. It does not hurt to get an X-ray and it takes only a few seconds.



*Cavities are a decayed part of your tooth that need repair to be healthy again.*

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The dental hygienist will place a blanket on you and put a piece of plastic, which holds the X-ray film into your mouth. This takes a few seconds.



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After your X-rays it is time for fluoride treatment. Fluoride is a natural mineral that helps your teeth stay strong and helps prevent cavities.

The dental hygienist will put a fluoride gel or foam on your teeth. Most dental offices offer flavored fluoride like bubble gum or grape.



*The fluoride treatment takes about one to four minutes. The dental hygienist will probably tell you not to eat or drink for 30 minutes after the fluoride treatment.*

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Next you will meet the dentist. The dentist will check your teeth and gums to make sure they are strong and healthy. The dentist will also probably check the way your top and bottom teeth work together. This is called your bite.





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The dentist will study your X-rays to see if you have any cavities.



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The dentist will also ask you if you have any questions or problems with your teeth.



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When your check-up is over, the dentist will usually send you home with gifts such as a new tooth brush and dental floss.



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Check out at the desk before you leave and set your next appointment. Make sure you have another check-up scheduled in 6 months.



If you have a cavity you will schedule an appointment to come back soon and get it taken care of.

When you come back to get your filling, the dentist will give you a shot to numb your mouth so getting the filling won't hurt. The shot will pinch for a second but will be over quick.



Next, the dentist will repair your cavity with dental tools, like a dental drill, and fill in the area with special materials, called fillings, to keep your tooth strong and healthy.



*When you leave the dentist's office your mouth will feel numb for a little while but the feeling will wear off soon.*

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Always go to your dentist appointments to keep your mouth healthy and clean!

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