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

My dentist’s name is Dr. Hohn.
Other people work in the dental office too. These are the other people who work in my dental office:

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

The dental hygienist cleans my teeth.

The receptionist says hello when I come in.

She schedules appointments and gets my chart ready for the dentist.
When the dentist is very busy, patients have to wait.

This is the waiting area of my dentist’s office.

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

- draw
- 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 assistant 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!
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.
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 left hand if something feels uncomfortable.
What’s Going on in My Mouth?

The dentist 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.
The Dentist Will Check My Teeth

She 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 she finds a cavity, I will have to come back for a filling.

But that’s another day!

The dentist looks inside my mouth.
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:

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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

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