

Going to the Dentist



CARD

Center for Autism & Related Disabilities

UNIVERSITY OF SOUTH FLORIDA

Going to the Dentist

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Welcome



**Dentists are doctors
who take care of teeth.**



Other people work in the
dental office too.

The **receptionist** says

“Hello” when I come in.

The receptionist schedules appointments and gets my chart ready for the dentist.

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

The **dental hygienist** cleans my teeth.

Check In



Check In

I will check in at the desk.
The **receptionist** will need to know my name.

The receptionist may check me in on the computer or I may have to sign-in on a piece of paper.

When the dentist is very busy, patients have to wait.



This is a waiting room.
The waiting room at my dentist's office may look a little different.

If I need to wait for my turn,
here are some things I can do.



Listen to music



Watch TV



Read a book
or color



Use something I
like from home



The dental assistant will call my name.



I will then walk with the dental assistant to the X-ray machine.

X-rays



X-rays



X-rays

Taking an X-ray is taking a picture of my teeth.

Sometimes the **dental assistant** will take X-rays while I am standing.

I will wear a heavy jacket around my shoulders.

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

I may need to bite on a little stick of X-ray film with my teeth.

The X-ray machine will make a humming sound and circle around me.

When it stops I can open my mouth and step away.



We may have to take several X-rays like this one.



The X-ray picture will look like this when done.

Sometimes the **dental assistant** will take X-rays while I am sitting in the chair.

I will wear a heavy jacket around my shoulders.

I may need to bite on a little stick of X-ray film.

The camera will go on the outside of my cheek.

It will make a beeping noise.

The dental assistant will tell me when to open my mouth again when the X-ray is finished.

Getting Ready



Getting Ready

I will sit in a big exam chair that slides all the way back.



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

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



I'm ready for my dental exam!



To have a quick and easy dental visit, here are some things I can do.



Listen to music



Watch TV



Take 10 deep,
slow breaths



Hold something
in my arms



Raise my finger if something feels uncomfortable or if I have a question about what is happening.



Cleaning





Cleaning

The **dental hygienist** will shine a bright light at my face. It helps to see inside my mouth.

If I need to, I can put on a pair of sunglasses to block the bright light.

I will need to open my mouth wide so the hygienist can see inside.

The dental hygienist will use a tiny round mirror and a little pick to check for cavities on my teeth.

It may feel funny, but it shouldn't hurt.



Next, the dental hygienist will use a special tool and toothpaste to clean my teeth.

It goes round and round and makes a funny noise.

It may feel funny, but it won't hurt.

Then the dental hygienist will floss in between my teeth.

Next, the dental hygienist will spray water in my mouth to rinse my teeth.

The dental hygienist will use a straw that I can close my lips on to remove all the water.

Exam



Exam

The **dentist** will look to see if my teeth are strong and healthy.

The dentist might find a cavity.

A cavity is a tiny hole growing on my tooth.

If the dentist finds a cavity, I will need to have it filled.

The dentist uses different tools to fill in the cavity.

The dentist will tell me about each step and I can ask questions before the dentist starts.



When my exam is done, the dental hygienist will give me a new toothbrush and floss to use at home. This will help me to keep my teeth healthy and strong until my next visit.



After my exam, I will check out at the desk.

The receptionist will schedule another appointment before I leave.

Developed by
the healthy folks at



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