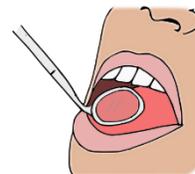


Going to the Dentist

I will go to the dentist to get my teeth cleaned and checked. When I get there, I will wait in the waiting room until they call my name. When it's my turn, I will go back to the exam room. There's a big chair for me to sit in. It moves up and down, and lays back, so the dentist and hygienist can see my teeth better. They will also use a bright light to look in my mouth. If the light is too bright, I can close my eyes.



I might hear funny noises or loud noises. These noises are from the equipment that the dentist uses. The special toothbrush might make a buzzy sound when they clean my teeth. I can use the straw that makes a sucking sound when I clean out my mouth with water. After the hygienist cleans my teeth, she will floss my teeth. The dentist will come in and check my teeth. He will count them and make sure they are healthy. It is important for me to keep my mouth opened wide, so everyone can see my teeth, including the teeth in the very back of my mouth.



Once I am all done with my check-up, I will get a bag with a new toothbrush and toothpaste to take home. My mouth will be all clean and I will be ready to go. Everyone is proud of me for having a good visit to the dentist.



Time for an X-Ray

I'm going to the dentist. At this visit, the dentist will take pictures of my teeth. This is called an x-ray. The x-rays, or pictures, will let the dentist see the roots of my teeth that are hidden inside of my gums. The dentist will also be able to see how healthy my teeth are. The x-rays will show the dentist if I have any holes, or cavities, in my teeth that need to be filled up.

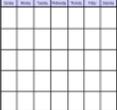


An x-ray does not hurt. It's just taking a fancy picture of my teeth with a special machine. I will need to wear a heavy apron and hold very still when they take the picture of my teeth. As soon as I am done with the x-ray, I can take the heavy apron off. The dentist's assistant will put a little hard piece of film, like cardboard, in my mouth for me to bite down on and hold in my mouth. This helps them to get a clear picture of my teeth. It might feel weird. As soon as the x-ray is done, the dentist's assistant will take the piece of film out of my mouth. The big camera will sit right next to my mouth. The dentist's assistant will walk over to the button to push to take the x-ray. I will probably hear a beeping sound to let me know when the camera is working and the x-ray is being taken.



I can ask the dentist to see my x-rays when we are done. It can be neat to see what my teeth look like inside my mouth. Everyone will be proud of me when I sit still and get clear x-rays taken of my teeth!

Going to the Dentist

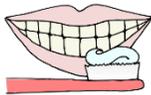
	I'm going to the dentist today.
	When I get to the dentist office, I will check in at the desk.
	I will sit in the waiting room until my name is called.
	When my name is called, someone will take me back to the exam area. I will sit in a special chair that lays back.
	When it's time for my exam, I will open my mouth wide.
	The dental hygienist will clean my teeth.
	Then floss my teeth.
	The dentist will check my mouth and count my teeth.
	Then I'm all done. I can have a great check-up!
	Before I leave, I will schedule my next appointment.
	Now it's time to leave. I will say good-bye to everyone.

Getting My Teeth Cleaned

Lay back in Chair



Brush Teeth



Floss Teeth



Count Teeth



All Done



This is a **To Do list** that shows the steps for getting teeth cleaned. It can be helpful to review this list before a dentist appointment to help prepare a person for what will happen. The person can hold the list during the appointment to refer to it. The dental team can refer to the list to help the person know what will come next and how much longer until they are done. Sometimes, it can be helpful for the person or the dental team to cross the item off when it is finished. This is a nice visual way to show a person what is left to do.

Pain Scale

5	Extreme Pain
4	Severe Pain
3	Moderate Pain
2	Mild Pain
1	No Pain

This is **5 Point Scale**. A 5 Point Scale is a tool that allows abstract concepts and feelings to be presented visually and concretely. This visual support can be used to support a person by giving them phrases to use or to point to the degree of their feeling.

Pain Scale

5		Extreme Pain
4		Severe Pain
3		Moderate Pain
2		Mild Pain
1		No Pain

Level of Discomfort or Anxiety

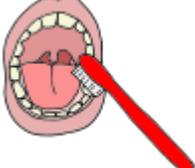
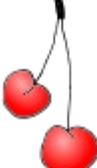
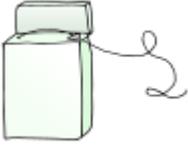
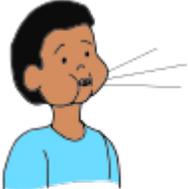
5	Extreme
4	Very
3	A little
2	Ok
1	Feeling Good

Level of Discomfort or Anxiety

5		Extreme
4		Very
3		A little
2		Ok
1		Feeling Good

This is a **Communication Board**. It can be used by a person to point to pictures to communicate a message. The dental team can also use a communication board and point to a picture to help a person understand what is being said.

Communication Board

 toothbrush	 toothpaste	 brush teeth	 water
 peppermint	 cherry	 straw	 spit
 floss	 sunglasses	 too loud	 Too bright
 Hard to Breath	 Sit up	 All done	 break
 Yuck!	 Hurt!	 I'm Good	 Thank you

The **Zones of Regulation** is an approach to help people regulate their feelings, energy, and sensory needs in order to meet the demands of a situation and be successful. If the person is familiar with this approach, a dental team member can ask or show this chart and have the person identify what zone he/she feels like they are in. Everyone can use the chart to help identify feelings and use strategies to support the person.

ZONES of Regulation

ZONES	Blue	Green	Yellow	Red
How do I feel when I am in this zone?	Sad, Tired, Not Interested	Happy, Energized, Motivated	Anxious, Worried, Frustrated	Angry, Unhappy, Aggressive
How do I act when I am in this zone?	I act very slow and am not very aware of what I am doing.	I am ready to participate and comfortable being at the dentist office.	I am feeling worried and something is bothering me.	Something has happened and I feel very upset and uncooperative.
What can I do to suport myself in this zone?	I can talk to a friend, family, support person, or the dentist. They might be able to cheer me up. I can listen to some motivating music.	I can keep having a positive mindset.	I need to talk to someone, do some deep breathing, or listen to some calming music.	I need to take a walk and get a drink or take a 15 minute break.