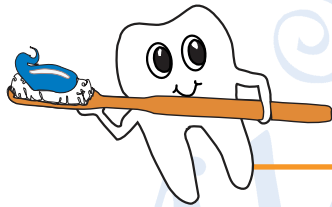


## Will it hurt?

Someone may have told you that going to the dentist hurts. Getting your teeth cleaned and checked usually does not hurt. Most kids say that it feels funny when the hygienist cleans your teeth. After your dental visit, your teeth will feel nice and clean!

If you have a cavity (tooth decay), the dentist will have to put a filling in or a “cap” on it so it won’t hurt later. This is usually done at another visit. Children who brush their teeth every day and don’t eat a lot of snack (“junk”) foods and soft drinks do not have many cavities.



**smiley al says:**

## Dental checkups are good for you and your teeth!

**R**emember:

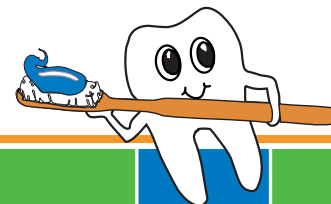
- \* Come to the dentist with a clean mouth and body.
- \* Be on time! Sign in when you get to the office.
- \* Call the dentist’s office to cancel the appointment if you cannot come.
- \* Leave food and drinks in the car or at home.
- \* Follow directions to help the dentist and hygienist.
- \* Take care of your teeth to prevent tooth decay!

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# the dentist is my pal



**Dental checkups help you have healthy teeth!**



**Let’s learn why together...**

## Going to the dentist.

**Y**ou probably have been to the doctor for a checkup. This helps to make sure you are growing normally and that you do not have any health problems. Going to the dentist for checkups can help you have healthy teeth. Most children need a dental checkup two times a year.



Smiley Al's pals know what to do when they go to the dentist!

### When you go to the dentist:

- ★ **Be clean:** Before you go, be sure to take a bath and brush your teeth.
- ★ **Be on time:** Dentists go by a schedule. Your appointment is your time!
- ★ **Think of others:** Call the dentist if you cannot come (or if you are going to be late), as soon as you know.
- ★ **Eat before you arrive:** Leave food and drinks in the car or at home.
- ★ **Sign in:** This lets the dentist know you are ready for your visit.
- ★ **Follow Directions:** You may be asked to hold your mouth open wide, to sit very still or to turn to one side so the dentist or hygienist can get a really good look at your teeth. This helps you!

this  
helps  
you!



## Your dental visit.

**A** hygienist who works with your dentist will clean and check your teeth first while you sit in a special chair that goes up and down. Be sure to tell her if you have any problems or if you have a tooth that hurts. You will notice that the dentist and hygienist wear gloves and a mask. This is done to make sure that you do not get any germs from other people.

dental checkups are good  
for you and your teeth!

**D**uring this part of the visit, you will probably have x-ray pictures of your teeth taken. X-rays help the dentist find any problems on the part of the tooth you cannot see. You have to hold still for just a minute, but it does not hurt.

When you see the dentist, he or she will look at your x-rays and carefully check your teeth. During this time, the dentist will use a tiny mirror, a bright light and a small dental probe to get a good look.

