Your guide to Feeling good about visiting the dentist



Lifelong Smiles



Feeling good about visiting the dentist

Making a trip to the dentist and not sure what's going to happen? We've got everything you need to know right here...

Visiting the dentist

Sometimes you will need an extra checkup or treatment to help your teeth. It will be quick and fun and your grownup will be with you the whole time.

- You might go to a different dentist than usual
- You'll get to sit in a special seat with a booster seat if you need it
- It will be quick and easy. And you might get a sticker!

Taking a child to the dentist

Sometimes your child will need an extra checkup or treatment to help their teeth. Here are some tips for before you go.



- Remember your appointment card
- Something to help keep them occupied, like a tablet or phone, might be helpful
- The dentist and nurse will tell you everything you need to know and create a plan for future treatment

Watch the video!

<u>Scan the QR code</u> to find out more about visits to the dentist.



Vizita noastră la dentist نانساَلاا بيبط علاً، انترايز رود ارامہ ساپ ےک شسٹنیڈ Naša návšteva u zubára

Getting an x-ray

Getting an X-ray at the dentist lets them see all your teeth. Even the ones that are still growing.

- The X-ray machine is called an OPT scanner
- You need to make sure you don't have on glasses or earrings
- You'll still be able to see your adult and the dentist during the X-ray

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Getting sedation

Sometimes when you go to the dentist, you'll get Inhalation Sedation. This is used by the dentist when they need you to feel really relaxed when they're fixing your teeth.

- You should eat and take all your medicines (if you take any) before you go
- It's best if you just come with your grown up. No brothers or sisters!
- After sedation, you'll be back to normal in a few minutes

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Want to know more?

Please contact your dentist if you have any further questions. **For dental information visit nhsggc.scot**





