

Specialist Paediatric Dental Service

# Top Tips : Visiting the dentist



[cityhealthdental.co.uk](http://cityhealthdental.co.uk)

For many children (and adults) going to the dentist can cause worry and anxiety. This leaflet aims to help you, the parent or guardian, to prepare your child and make the visit easier and more relaxed.

### Useful phrases to say (or not to say)

Most children aren't born with fears but pick them up from family, friends or TV.

### Positive experiences

Talk to children about positive dental or medical experiences rather than negative ones. For example, "going to see the dentist is good because they can help you look after your teeth".

### Describing local anaesthetic

Using words like 'magic juice', 'sleepy juice' or 'numbing medicine' can help, depending on the age of the child. Words like 'needle' or 'injection' can scare children.

### Describing a filling

"We clean teeth and sometimes it can feel a bit bumpy." Using words like drill can scare children.

### Describing an extraction

Having a tooth out can be described as "wiggling or lifting the poorly teeth out". For younger children, you can tell them to listen carefully for the tooth calling to the tooth fairies, asking them to get ready for a delivery!

### Useful resources

Useful online resources to help prepare your child are available on the following websites.

**Dental.lltff.com** For activities and resources that give your child the opportunity to express their feelings and communicate with the dental team.

**Thebigbrave.com** has some great posters and podcasts in different languages which can help prepare your child.



## Methods your dentist may use to help children cope with treatment

**Dental Acclimatisation.** The dentist may suggest several small, easy appointments to enable children to slowly get used to going to the dentist and build trust with the staff.

**Local anaesthetic.** The dentist can use numbing gel to make gums go to sleep prior to giving local anaesthetic, making it more comfortable.

**Inhalation Sedation.** This involves wearing a small nose mask to breathe in air containing nitrous oxide and oxygen. It works really well to help children feel calmer during treatment but they are still able to communicate with the dentist.

**General anaesthetic.** This involves going to sleep in a hospital setting for treatment. There is a small risk of a serious reaction so it is important to try and ensure only one general anaesthetic is required. For this reason any teeth that are saveable will be treated first, so that any treatments needing a general anaesthetic can be carried out at the same time.



## Top Tips for Looking After Teeth

Because after all, if you can brush brilliantly and avoid sugary foods, teeth will stay lovely and healthy!

- Brush in the morning and last thing at night.
- Use 1450ppm fluoride toothpaste – look for the ppm number in the ingredients. It's usually in small print.
- Until at least 7 years old of age, brush children's teeth to make sure they have not missed any bits
- Don't rinse after brushing. Just spit out excess toothpaste.
- Drink water or milk between meals and only water before bed and during the night.
- Save sugary snacks or drinks for meal times. This includes 'no added sugar' cordial and fruit juices.
- Dr Ranj's Healthy Teeth Guide Videos are available on Youtube or at **www.bspd.co.uk**
- Download the "Brush DJ" app on your phone for a tooth brushing timer, how-to videos and advice for looking after your teeth. It's accessible, fun and free!

## For further help or information

Contact details

## What if I have a comment, suggestion, compliment or complaint about the service?

Contact our Customer Care Team on **01482 347627** or by emailing: **[chcp.customercare@nhs.net](mailto:chcp.customercare@nhs.net)**

We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

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