



HAPPY DENTAL VISIT TIPS

Thank you for your help in providing the best experience possible for your child. Having a positive attitude and using friendly words can help to set up our visit for success!

General

Water RinseTooth Shower
Air SyringeTooth Fan or Hair Dryer
Cotton Gauze Barbie/ GI Joe Towel
Cavities..... Sugar Bugs (of different colors)
Mouth Mirror.....Tiny Tooth Mirror
Dental Explorer.....Tooth Counter

Cleanings

Prophy AngleTooth Tickler or Barbie Toothbrush
Plaque..... Bug Dinosaurs/Bug Poop
Calculus Bug Dinosaurs
Dental ScalerBug Dinosaur Finder
Fluoride Foam VitaminsTooth Bubble Bath

Radiographs

X-RayPicture
X-Ray Head Buzz Light Year Camera
Lead ApronBackwards Superman/Superwoman Cape

Operative

Nitrous Oxide Laughing Gas
Nitrous Mask.....Puppy Dog Nose or Astronaut Nose
Injection or Shot..... Sleepy Juice, Elsa's Wand, Balloon
Curing LightElsa's Magic Wand or Buzz Light Year Wand
Extraction Wiggle or Dance
Rubber DamTooth Raincoat
Rubber Dam ClampTooth Hugger or Tooth Ring
Topical Anesthetic Jelly Tickle Jelly of favorite flavor
Composite Fillings..... Tooth Star/Heart/Circle

A few other totally optional tips,

- Feel free to schedule a visit for a “desensitization” appointment. Fear can often be the source of most anxiety, and it has also been linked to higher sensations of pain.
- Feel free to bring a favorite toy or play a favorite song on your phone.
- You can let us know if your child has favorite characters you’d like us to talk about, favorite songs to sing, favorite colors or smells to incorporate in treatment.
- Sometimes planning a special outing like getting ice cream the day of the dental visit helps to create positive memories as well.
- Ask questions! We love answering questions. The more positive you are, the more likely your child will think visiting the dentist is a fun activity.