

# Looking after your teeth



It is important to keep your teeth clean and healthy.



To keep your teeth clean make sure you brush them with fluoride toothpaste.



Brush twice a day including once right before bed.



Sugary food and drinks are bad for your teeth.



You can keep your teeth healthy by going to the dentist for check ups.

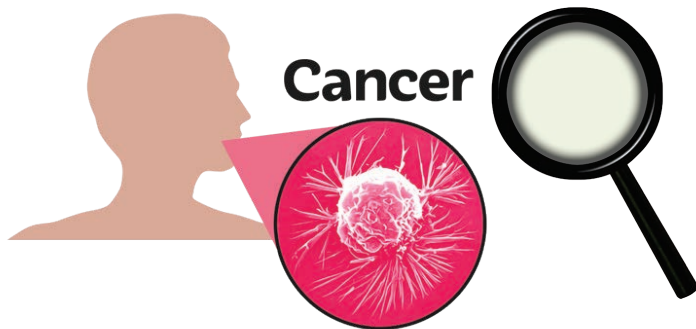
# Why to go to the dentists



Your dentist will tell you how often you need to come for check ups.



Dentists can help you look after your teeth.



They can spot early signs of other illnesses like mouth cancer.



If you go to the dentist it can stop big problems from starting.

If you don't go to the dentist, you may get more tooth pain and you might lose your teeth.



If you do not earn a lot of money, you might be able to get help to pay for the dentist.



You can find out more about whether you can get help to pay for your dentist at the NHS website-

[tinyurl.com/  
PayingForDentist](https://www.tinyurl.com/PayingForDentist)



# This is Katrina's story of going to the dentist



Katrina needs to go to the dentist for a check up.



She finds the number for her local dentist on the NHS website.



Katrina rings the dentist and asks for an appointment.



Katrina tells the receptionist (person on the phone) that she has a learning disability.

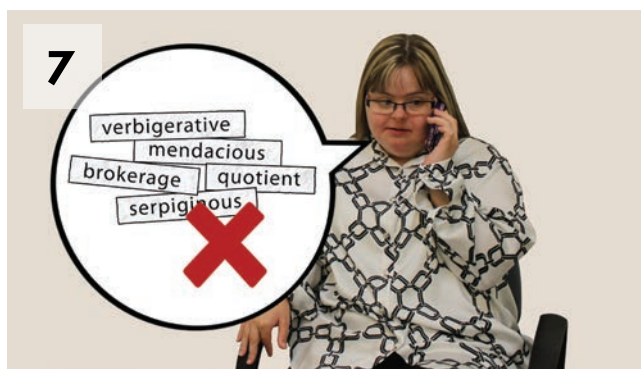
# Katrina's story



The receptionist asks Katrina if she needs any reasonable adjustments (helpful changes).



Katrina says she would like to bring someone with her to the appointment to help her be calm.



Katrina says she needs the dentist to not use long difficult words.



She says that she might need extra time to understand everything the dentist says.

# Katrina's story



The receptionist writes these things down for the dentist.



The receptionist tells Katrina the date and time of her appointment.



Katrina goes to the dentist on the day of her appointment. She brings a friend with her.



Katrina tells the receptionist she has come to see the dentist.

# Katrina's story



13 Katrina waits in the waiting room until her name gets called.



14 When the dentist calls her name, Katrina goes into a treatment room and her friend comes too.



15 The dentist explains clearly what he is going to do and asks if Katrina has any questions.



16 Katrina asks the dentist what equipment he is going to use to check her teeth.

# Katrina's story



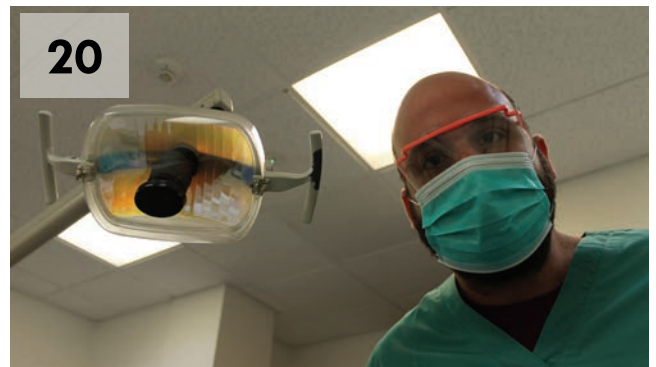
The dentist shows Katrina what he is going to use, like a mirror and a light.



The lights are bright, so Katrina wears sunglasses. She has headphones to block out noise.



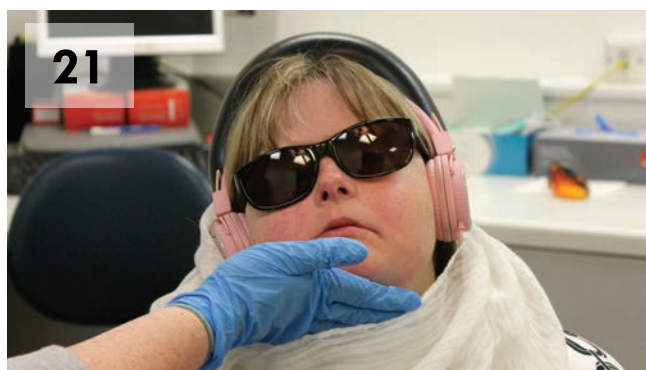
Katrina doesn't like the smell of the dentist's surgery so she brings a scarf that has a smell she is used to.



When Katrina says she is ready, the dentist looks at her teeth.



# Katrina's story



The dentist also feels Katrina's neck, under her jaw and around her chin for any lumps.



When the dentist has finished, he tells Katrina that her teeth are healthy. Katrina can go home.



The dentist tells Katrina when he wants her to come back and she makes another appointment.

## After the dentist

If you have trouble spitting or swallowing you might want to use a toothpaste that doesn't foam.



# Top tips for going to the dentist



Dentists look, sound, feel, smell and taste different to other places.



It's a good idea to visit the dentist before you have an appointment to get used to it and so you can find your way.



Have a look on your dentist's website to see if there are photos of what they look like.



Think about what might be difficult for you. The dentist will make changes to help you.

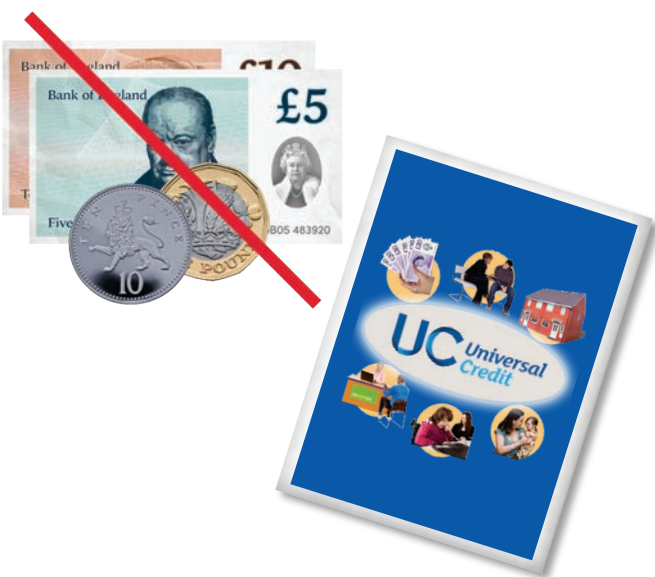
# Things to remember about the dentist



If you are over 18 and someone helps you to make your decisions they can come to the dentist with you.



They should bring that paperwork with them. Or the dentist will make best interest decisions for you.



If you do not pay for dental treatment you should bring your exemption certificate or universal credit document to show the receptionist.