

Help available for your visit to the dentist



Information for patients Community and Special Care Dentistry



Your visit to the dentist

You've been asked to visit the dentist.

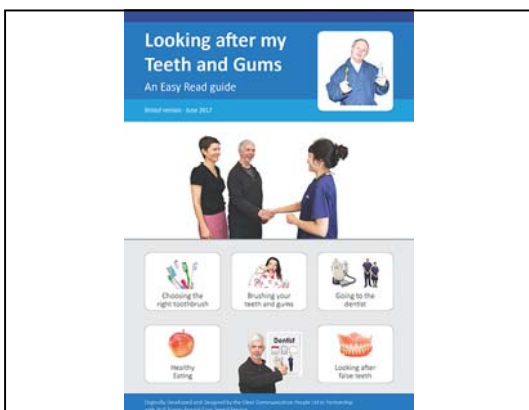
We want to make your visit as comfortable as possible.

This booklet tells you about different ways we can help.



Easy read leaflets

We have lots of leaflets and booklets with pictures or symbols which explain what happens when you visit the dentist.



For adults '**Looking after my teeth and gums**' is another booklet you may find helpful.

It will tell you how to keep your mouth healthy.



'In the dentist's room' is about a dental check-up.

We can give you a printed copy or you can download them for free from this website:

<https://widgit-health.com/downloads/dental-procedures.htm>



Fidget Toys

You might like to have something to hold while the dentist looks at your teeth.

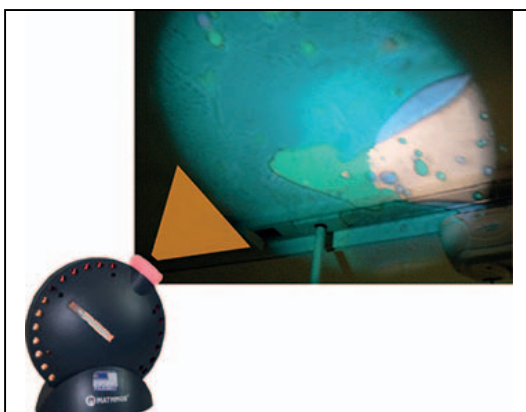
You can use one of our Tangle toys or bring your own favourite toy.



Cushions

We have cushions and neck pillows to make you feel more comfortable.

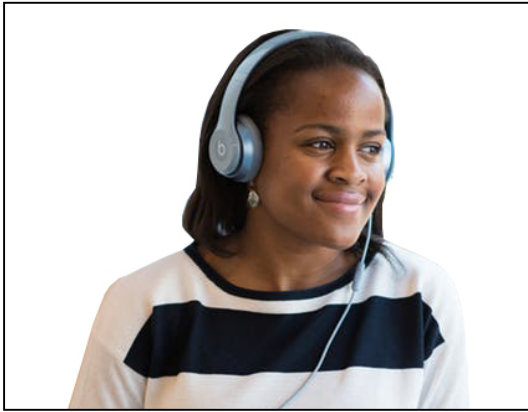
Ask the dentist if you would like to use them.



Coloured lights

We also have a projector which shines coloured lights on the ceiling.

You might like this for longer treatment appointments



Listening to music

Some people find listening to music relaxing when the dentist looks at their teeth.

We are happy for you to bring your own headphones so that you can listen to your favourite music during your visit.



If you don't have any headphones, you can still play your music from your phone.

We have Bluetooth speakers in each of our clinics if you want to listen to your favourite music during your visit.



Weighted blanket

Some people find it calming to use a weighted blanket on their lap.

Please ask if you think this may help you.



You could bring your own soft toy to sit on your lap.

This website has some interesting weighted toys and blankets you might like:

www.exploreyoursenses.co.uk/sensory-education/weighted-resources.html

Information for parents

You may find the following leaflet useful for preparing for your child's visit to the dentist.



'Advice for parents of children with autism', from the British Society of Paediatric Dentistry.

Do ask us for a copy or alternatively it can be downloaded for free from:

- www.bspd.co.uk/Resources



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