

Things You May Want to Ask the Dental Provider

- ☐ Are there any oral health complications I should be aware of regarding my child's chronic illness or condition?

Some chronic conditions or illnesses may require additional dental care.

- ☐ Can this cavity be remineralized?

In some instances, early forms of caries (cavities), like a white spot, can be reversed with a simple application of fluoride varnish.

- ☐ How often should I change my child's toothbrush?

Toothbrushes should be replaced every three months or immediately after recovering from a cold, flu or bacterial infection.

- ☐ At what age should I begin to brush my child's teeth and use dental floss?

Your dental provider will discuss with you the most effective and appropriate dental care according to your child's age and needs.

- ☐ Should my child wear a mouth guard?

Mouth guards protect your child's teeth and mouth from injury while playing contact sports.

Other Questions You May Want to Ask:

Future Appointment

Date: ____/____/____ Time: ____ am/pm

Appointment With:

Dentist: _____

Hygienist: _____

Other: _____

Phone Number: _____

Purpose of Appointment:

Boston Public Health Commission Office of Oral Health



Contact us for information on where to get free or low-cost dental services for you and your family.

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What to Expect at Your Child's Dental Visit

A Guide for Parents



**Your child's first dental visit should
be around their first birthday.**



What to Bring to Your Child's Dental Visit

□ Child's Past Dental Information

If your child is visiting a new dental office, you should bring your child's past dental records (including dental x-rays), and current medical information.

□ Insurance Card (if you have insurance)

□ List of Current Medications

If your child is taking any medication(s) including over the counter, you should bring in a list with the name and dose of each medication.

Also, if your child is asthmatic, make sure to bring his/her inhaler with you.

What to Expect During Your Child's Dental Visit

Your child's dental provider may:

Perform a Dental Exam

- Check your child's mouth (teeth, gums, tongue, cheeks, roof and base) for signs of caries (cavities) or any other oral health concerns.
- Check the spacing of teeth for normal growth.

Take X-Rays

- X-rays are a safe way to check the health of your child's mouth.
- A lead apron is placed on top of the child to protect their body.
- How often and the number of x-rays taken depend on your child's needs.

Clean Your Child's Teeth

- The dental provider will remove any build up of food and plaque (a film of food, saliva, and bacteria) above and below the gum line.
- Kids should have their teeth professionally cleaned every six months. Your dental provider may recommend to do it more frequently if needed.

Apply Dental Sealants

- The dentist or dental hygienist may place one or more dental sealants on the chewing surfaces of your child's back teeth to help prevent cavities.

- Dental sealants are thin, plastic coatings that are painted on to form a protective shield over the deep grooves of the back teeth, where most cavities form.



Apply Fluoride Varnish

- The dental provider may place fluoride varnish on the surface of your child's teeth to keep them strong and prevent cavities.
- Fluoride varnish is a concentrated form of fluoride that helps prevent dental decay by keeping the minerals of the teeth strong so it is harder for caries(cavities) to form.
- **Your child can also get fluoride varnish at the pediatrician's office during a regular visit. Next time you are at the pediatrician's office, ask them to apply fluoride varnish on your child's teeth.**

