

Preparing for a dental visit

- Coming to the dentist can be difficult for anyone.
- Visits can be **easier** if they are carefully **planned**.
- Let the dental team **know in advance** about your child and things that make it easier/ harder for them to cope with new people and places.

You can use the attached tear off letter or phone us up.

- Ask the dental team if you (and your child) can **visit** the surgery before the main appointment.
- Ask if you can take **photos** on your phone to make a picture story of the dental appointment which you can share with your child.
- Ask for an appointment **time** that will suit your child. Often this is at the beginning of the day.

- Ask the dental team for **advice** about the best ways to look after your child's teeth and keep them healthy.
- If you need more **help** preparing your child for their dental appointment please ask for a member of our **Childsmile** team to contact you.



Please complete and return the tear off letter to the dental team who will be looking after your child. The address is on your appointment letter

Dear Dental Team

Please take note of the following information to help my child visiting the dentist.

My child's name is _____

and their date of birth is: _____

(Tick the statements that apply)

My child:

- ☐ Has visited the dentist before
- ☐ Brushes their own teeth
- ☐ Finds it difficult to brush their teeth
- ☐ Has difficulties with eating
- ☐ Can talk
- ☐ Has talking difficulties
- ☐ Is worried by noises
- ☐ Does not like bright lights
- ☐ Is sensitive to things in their mouth such as tastes and tooth brushes

Other information:

(Include anything that will make the visit easier for your child, perhaps mention things that went well at a previous visit or things that did not go so well)

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Further advice can be obtained from The Paediatric Dental Team, NHS Lothian.

Wester Hailes Dental Clinic
0131 332 7930

Craigroyston Dental Clinic
0131 332 7930

Duncan Street Dental Centre
0131 667 7114

Edinburgh Dental Institute
0131 536 1129

Musselburgh Dental Clinic
0131 446 4000

Bonnyrigg Dental Centre
0131 536 8941

Howden Dental Clinic
01506 418 532

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Preparing for a visit to the dentist



Information for parents /carers of children who need extra help when they visit the dental team.