

## Going to the dentist

- Let the dental team **know** about you (your child). Tell them about things that make it easier/ harder for you to cope with new people and places.

It is best if you tell the team before your appointment.

You can use the 'Dear Dental Team' letter on this form or phone us up.

- Ask the dental team if you can **visit** the clinic before the main appointment.
- Ask if you can take **photos** on your phone. You can make a picture story of the dental appointment.
- Ask for an appointment at a time that is best for you. Often this is at the beginning of the day.

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



**Please fill in the 'Dear Dental Team' letter. Please give it to the dental team before your appointment.**

The address is on your appointment letter

## Dear Dental Team

My name is \_\_\_\_\_

Date of birth \_\_\_\_\_

(Tick the boxes below that are right for you)

I

- ☐ Have visited the dentist before
- ☐ Brush my own teeth
- ☐ Find it difficult to brush my teeth
- ☐ Have difficulties with eating
- ☐ Can talk
- ☐ Have talking difficulties
- ☐ Am worried by noises
- ☐ Do not like bright lights

Please turn over to give any other information

Include anything that will make the visit easier.

You could write down things that went well at your last dentist or things that did not go so well.

**Return this letter to the dental team who will be looking after your child. The address is on your appointment letter**

**Further advice can be obtained from the Paediatric Dental Team, NHS Lothian Oral Health Service**

Bonnyrigg Dental Centre  
**0131 536 8941**

Craigroyston Dental Clinic  
**0131 332 7930**

Duncan Street Dental Centre  
**0131 667 7114**

Edinburgh Dental Institute  
**0131 536 1129**

Howden Dental Clinic  
**01506 418 532**

Musselburgh Dental Clinic  
**0131 446 4000**

Wester Hailes Dental Clinic  
**0131 332 7930**

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For children who need **extra help** when they visit the dental team.