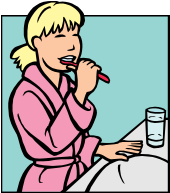


Going to the Dentist

Looking after your teeth....



It is important to look after your teeth.



You should brush your teeth at least twice a day with toothpaste:

- In the morning
- Before you go to bed



Using dental floss helps get food out from between your teeth.

You should use this every day.



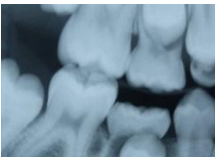
Your dentist will advise you how often you need to attend to check that your teeth and gums are healthy.

What to expect....



You will sit in a big chair that can move up and down.

The dentist will look in your mouth with a small mirror and check your teeth



The dentist might take an x-ray of your mouth to check your teeth.

Going to the Dentist

The dentist might clean your teeth and give you advice on how to look after your teeth.



My Dentist is:

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Phone:

.....

Address:

.....

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Website:

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