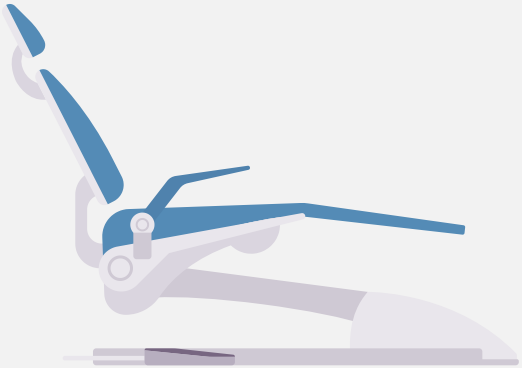
Getting My Teeth Cleaned

A dental hygienist will clean and check my teeth. They know how to help keep my teeth clean and healthy.

When I get to the exam room, I will sit in a big comfortable chair that goes up and down and lays back like I am sleeping.



They will clip a paper bib around my neck to keep my clothes clean. The bib may feel crinkly and make noise.

They will shine a bright light on my mouth so they can see to clean my teeth. If the light is bright I can close my eyes or wear sunglasses.

I will open my mouth wide and lie still while the dental hygienist cleans my teeth.

They will clean my teeth with special dental tools that make noise and tickle my teeth. They will use special toothpaste that may feel sandy.

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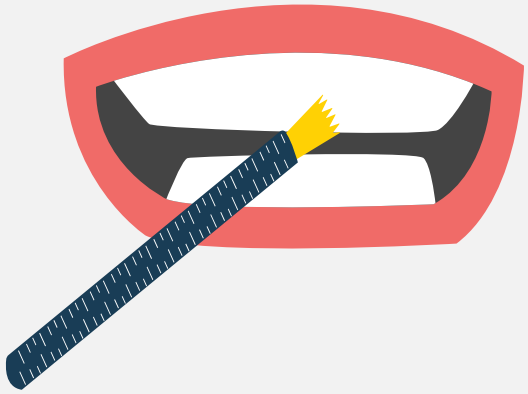
They will squirt water or blow air on my teeth.

They will use a big straw that's like a vacuum and sucks up the spit bubbles and water in my mouth.

They will use string, called floss, to clean in between my teeth.

The dentist will look at my teeth with the special dental tools and count my teeth.

They will paint special fluoride vitamins on my teeth. This may make my teeth feel sticky.



When I'm done I will get a new toothbrush and might get to choose a special prize.

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