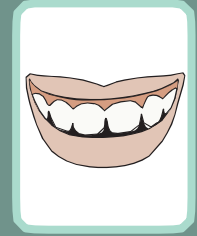


# I have an appointment at **THE DENTIST'S**

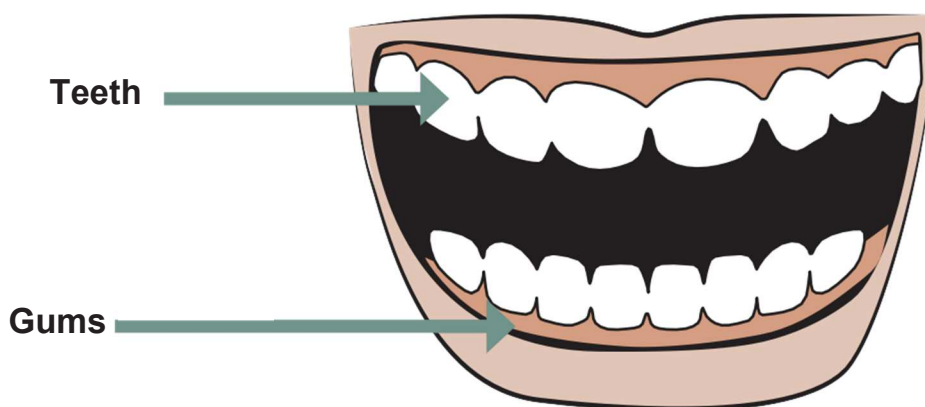


## The dental examination

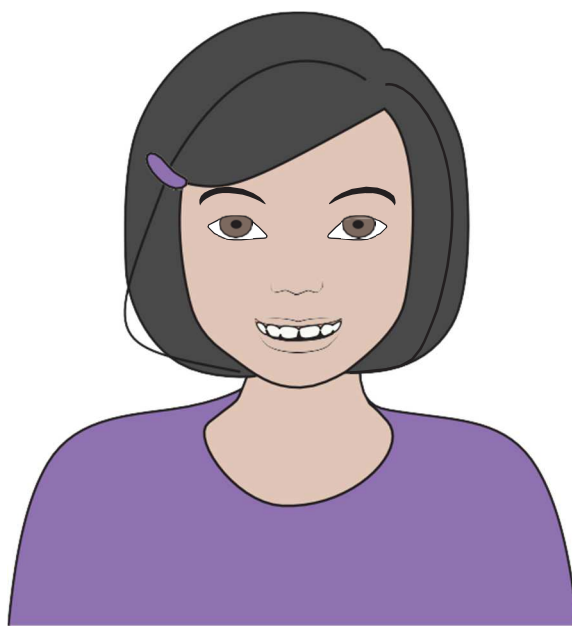
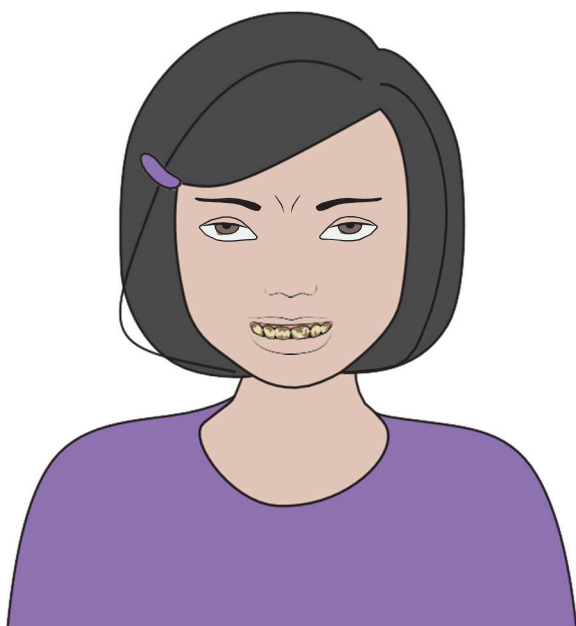


# Why do I need a dentist ?

To check that my mouth, teeth and gums are healthy.



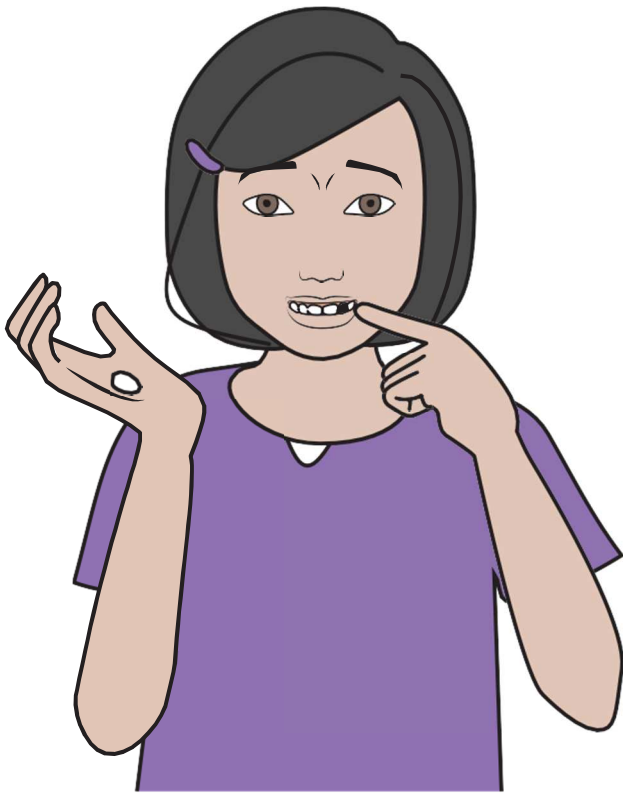
**To teach me the right way to brush my teeth.**



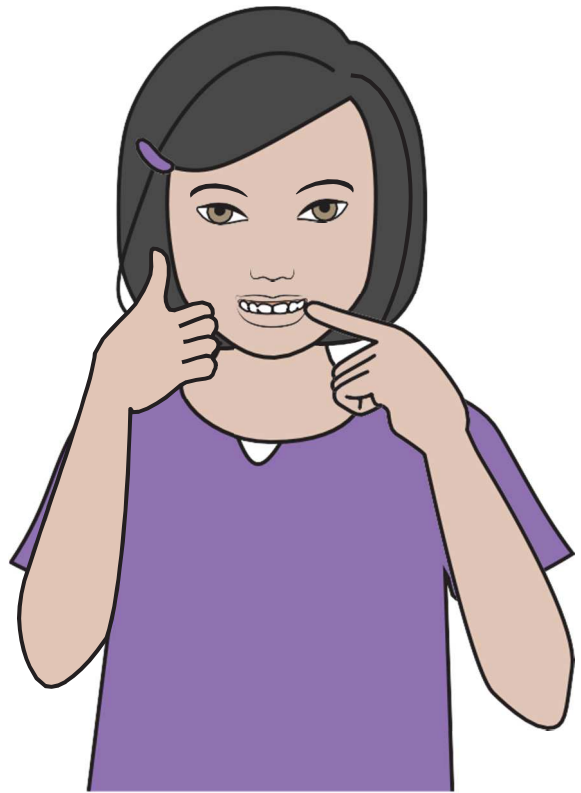
**To look after a tooth which is hurting.**



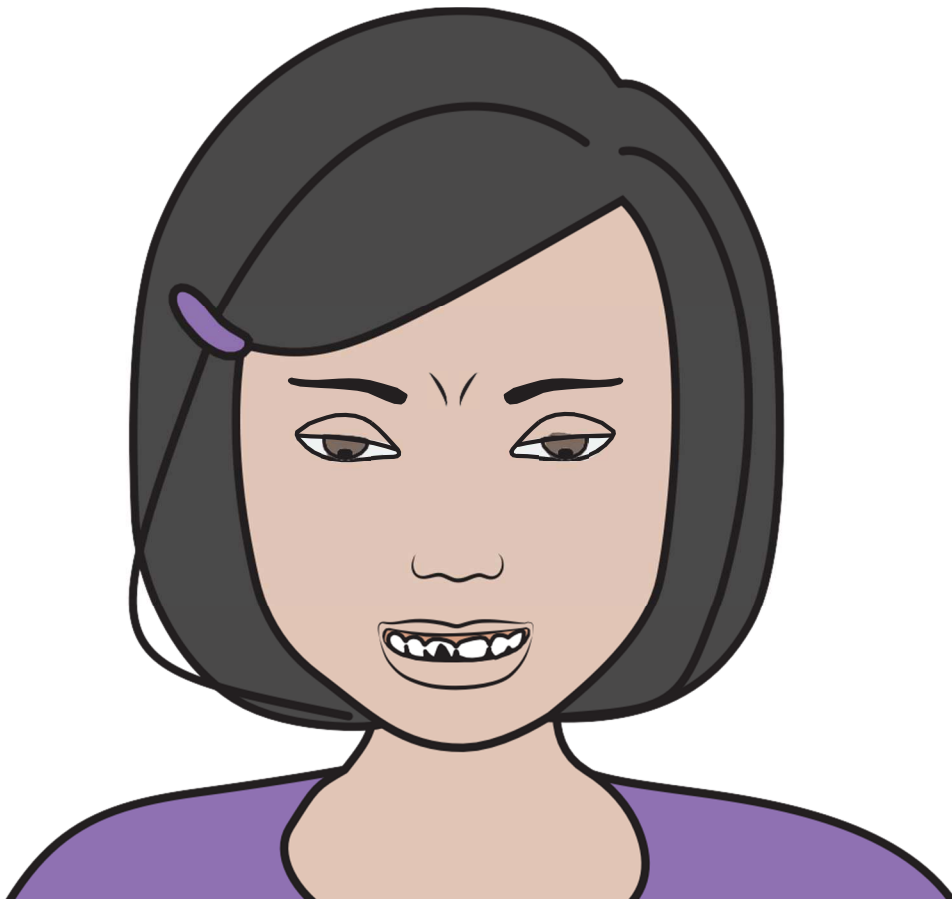
**To take out a tooth.**



**To replace a missing tooth.**



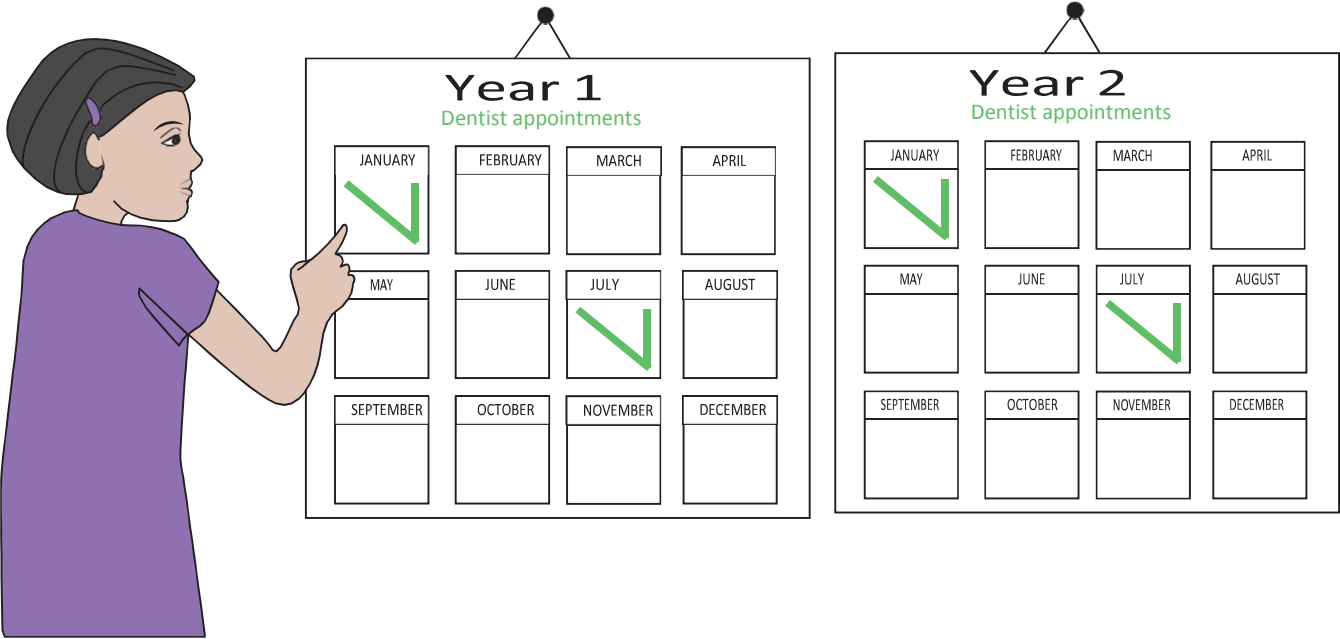
**To repair a broken tooth.**





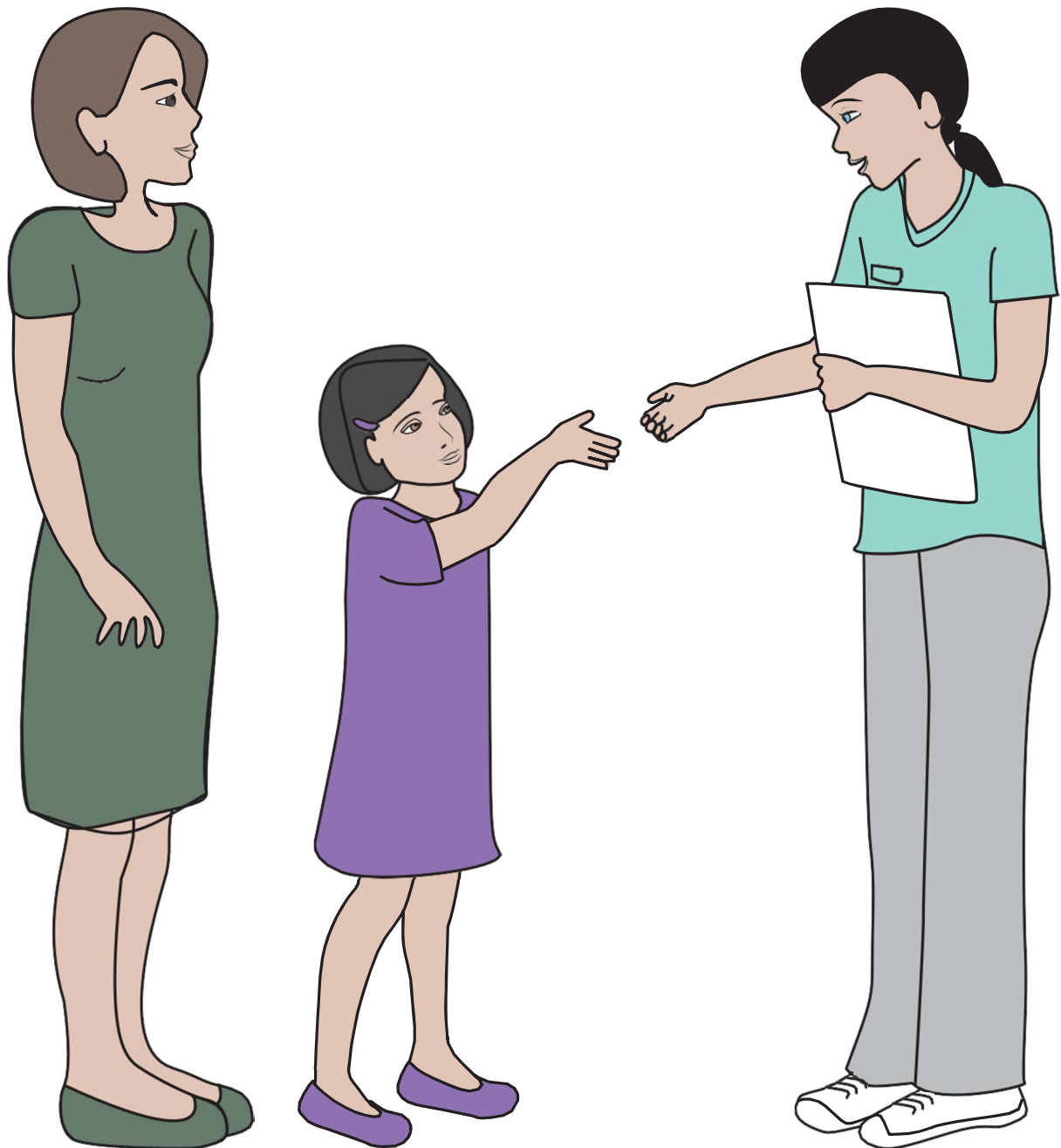
I have to go to the dentist at least twice a year.

- I make the appointment even if my teeth don't hurt.

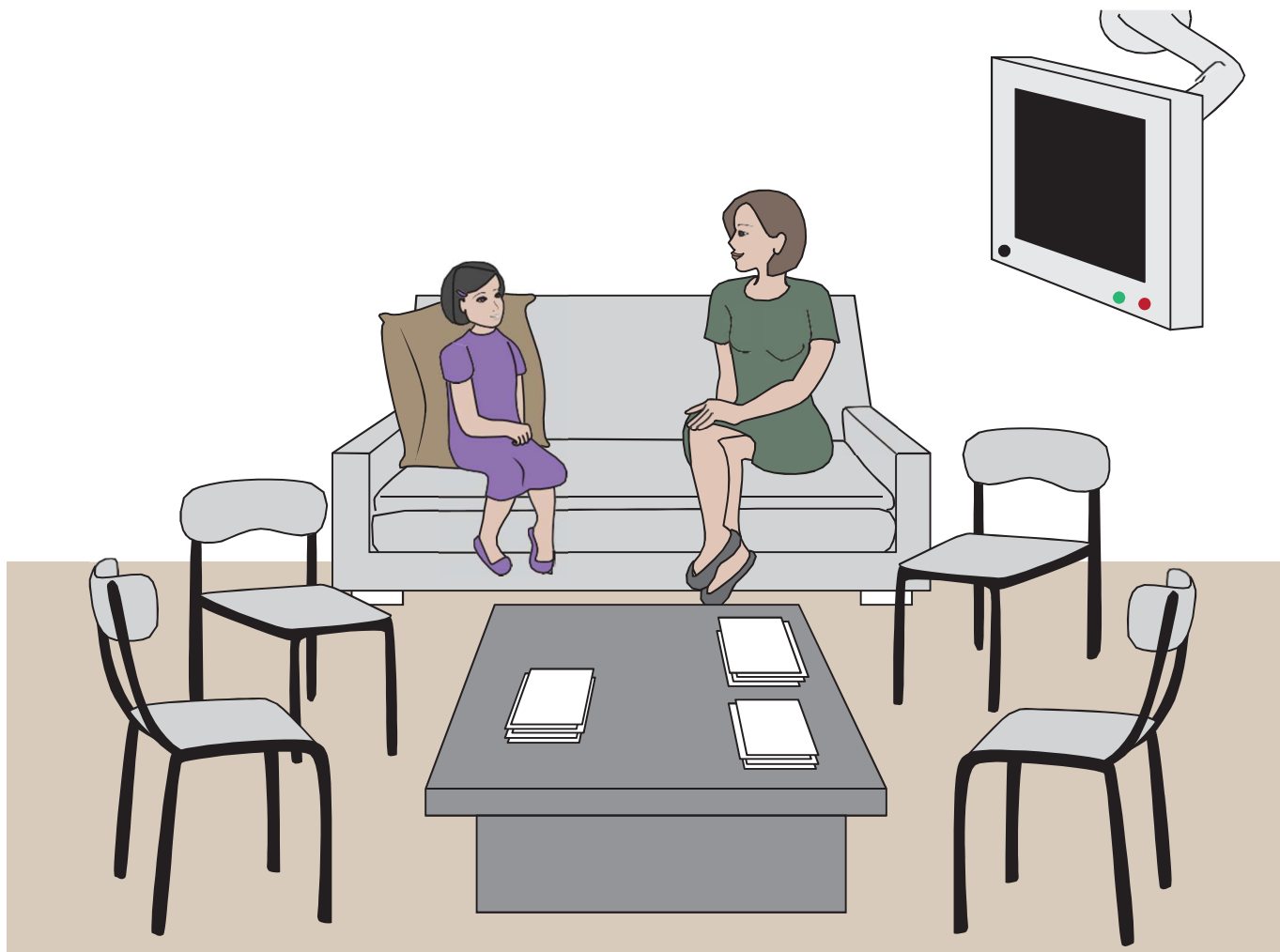


# What happens at the dentist's ?

The dentist's assistant welcomes me. She helps the dentist.



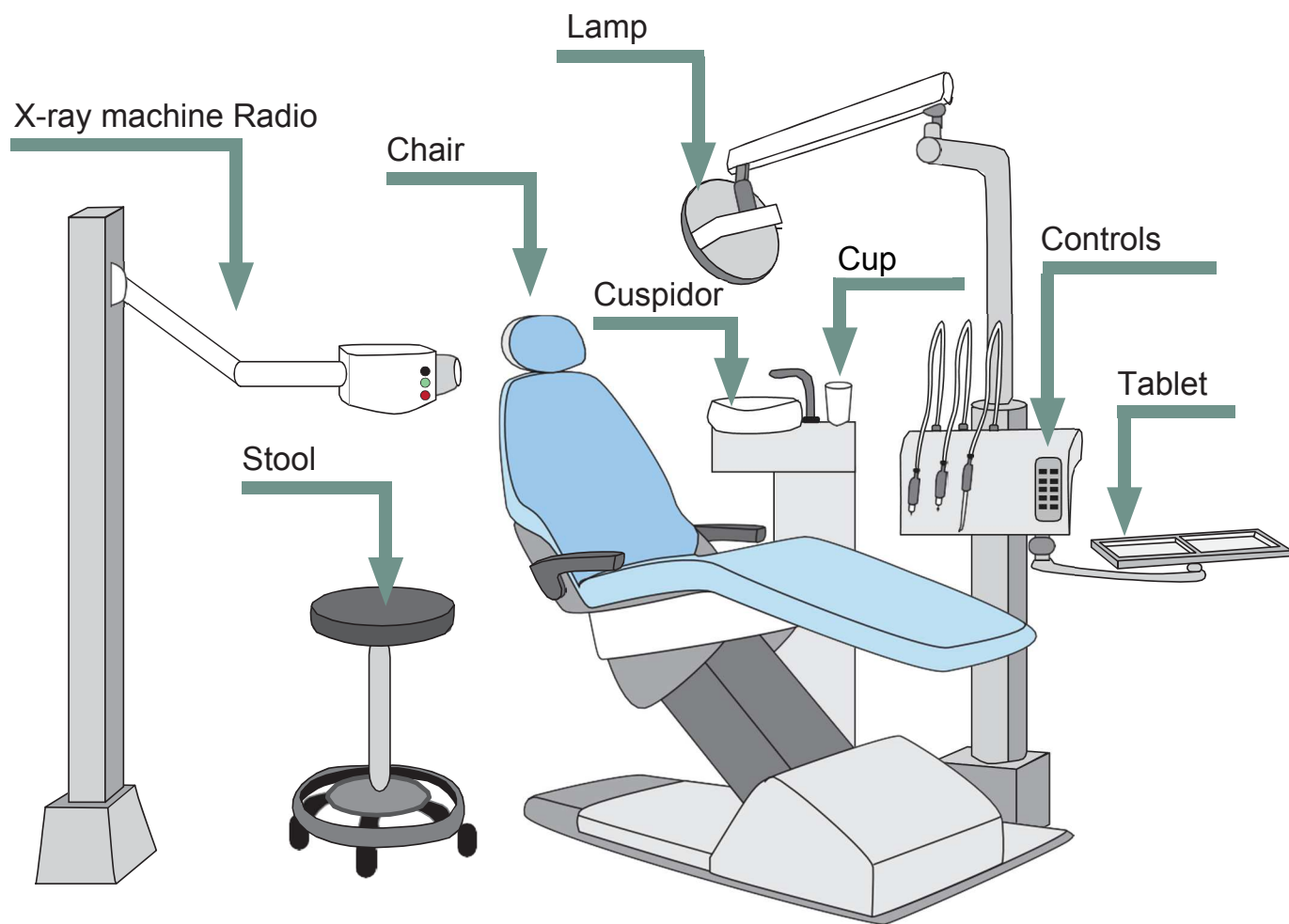
I go into the waiting room.



The dentist says hello.



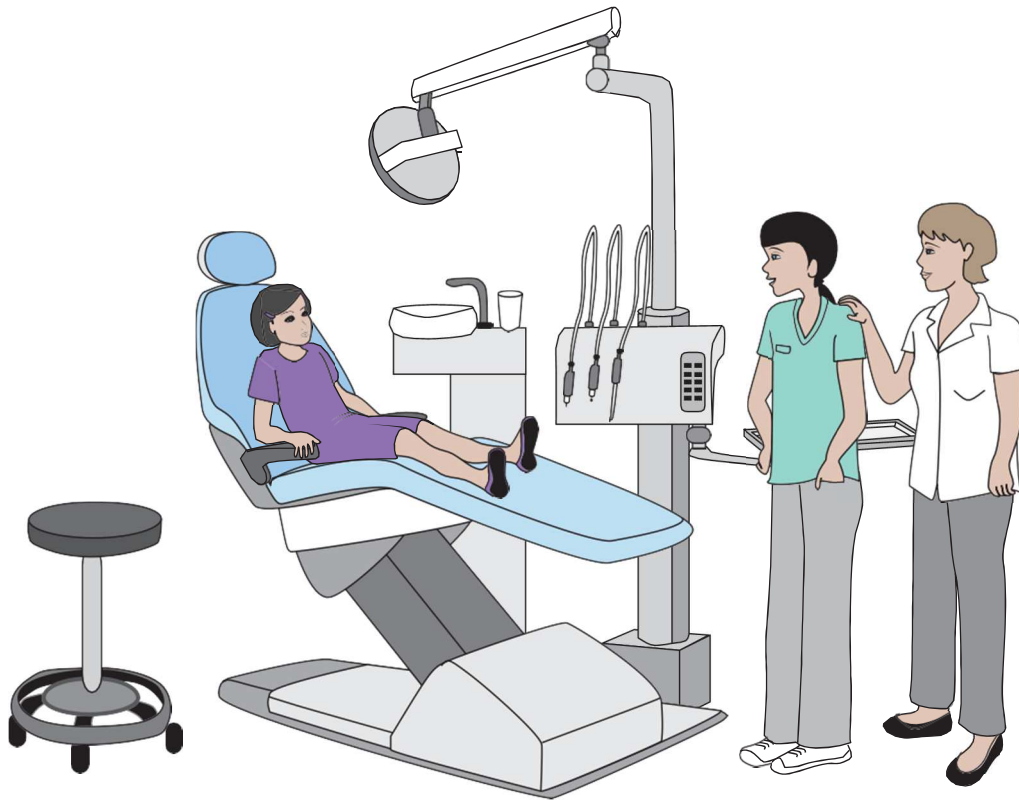
**I go into the surgery.**



● **There's a funny smell.**



**I sit down on the chair.**



**The dentist asks me some questions.**

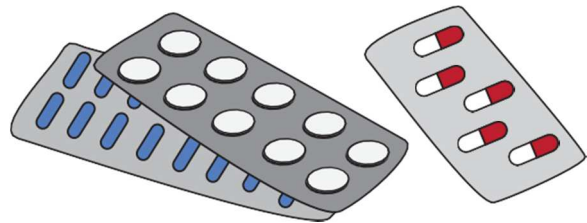


## The dentist asks me:

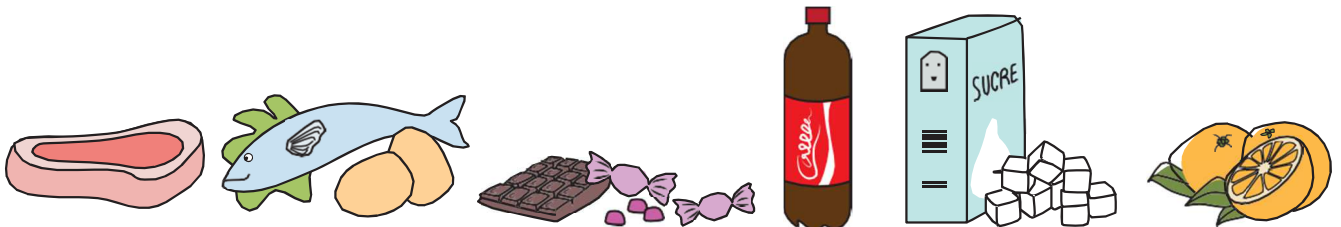
- If I'm healthy.



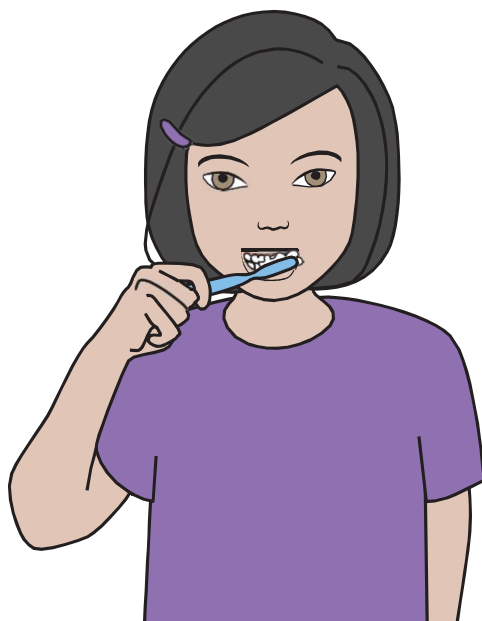
- If I take any kind of medicine.



- What I eat.



- If I brush my teeth.

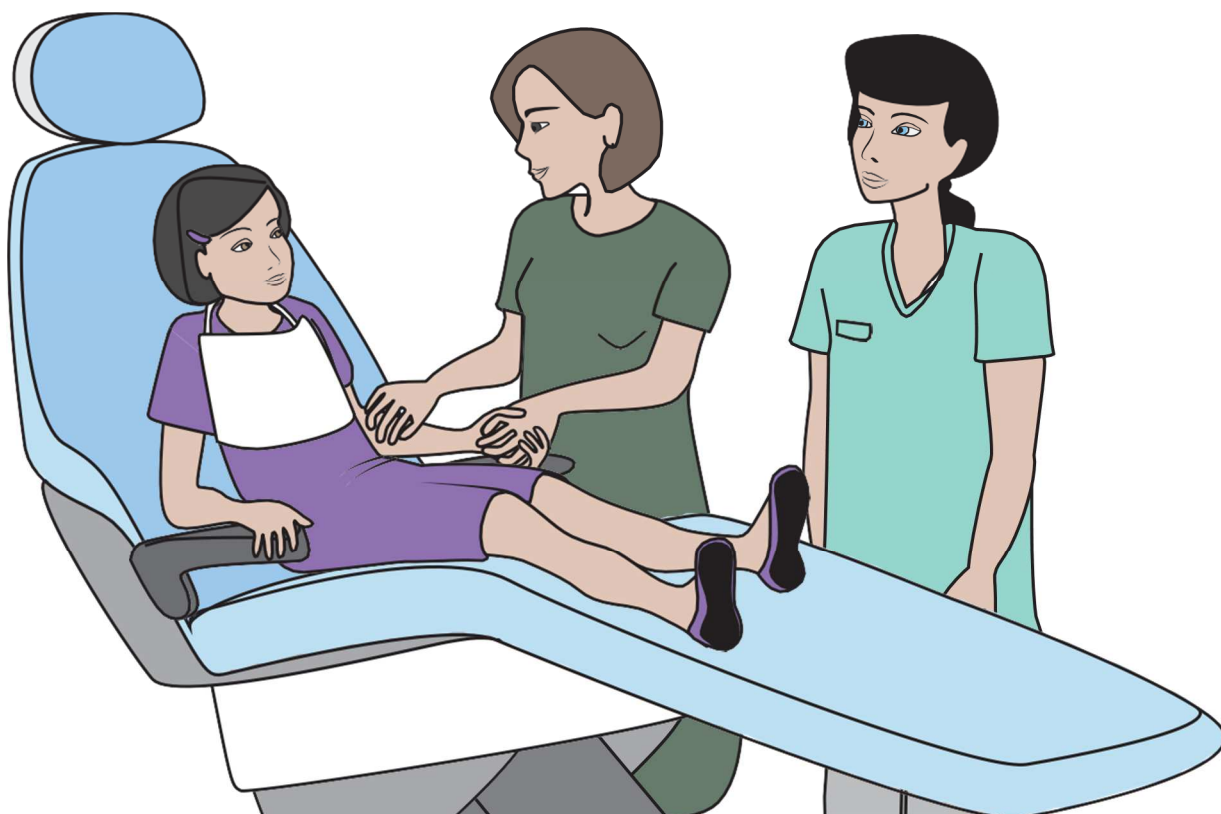


**The assistant puts a napkin around my neck.**



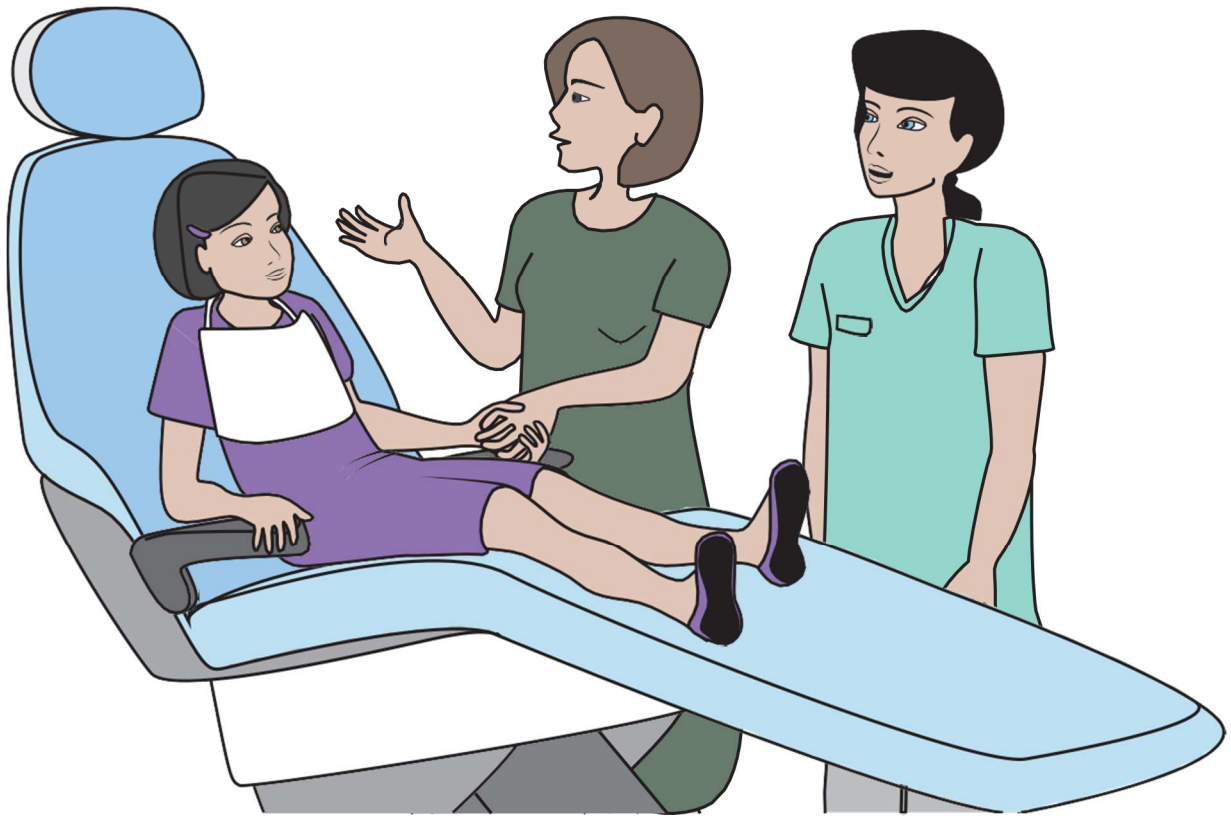
**The person who came with me and the assistant can reassure me.**

● **Hold my hand.**

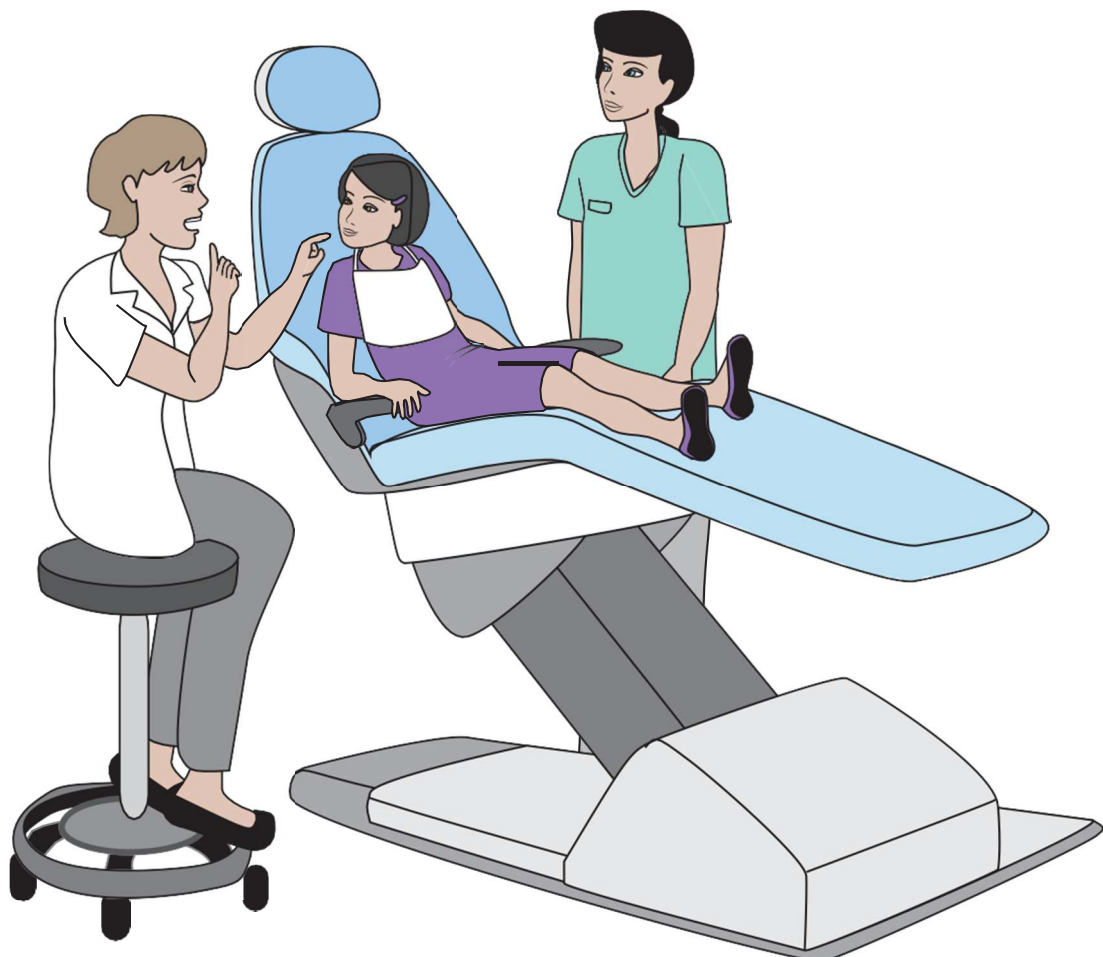




● Talk to me.



The dentist explains what she is going to do.





**The dentist asks me how I want to show if it hurts.**

- I can put up my hand.



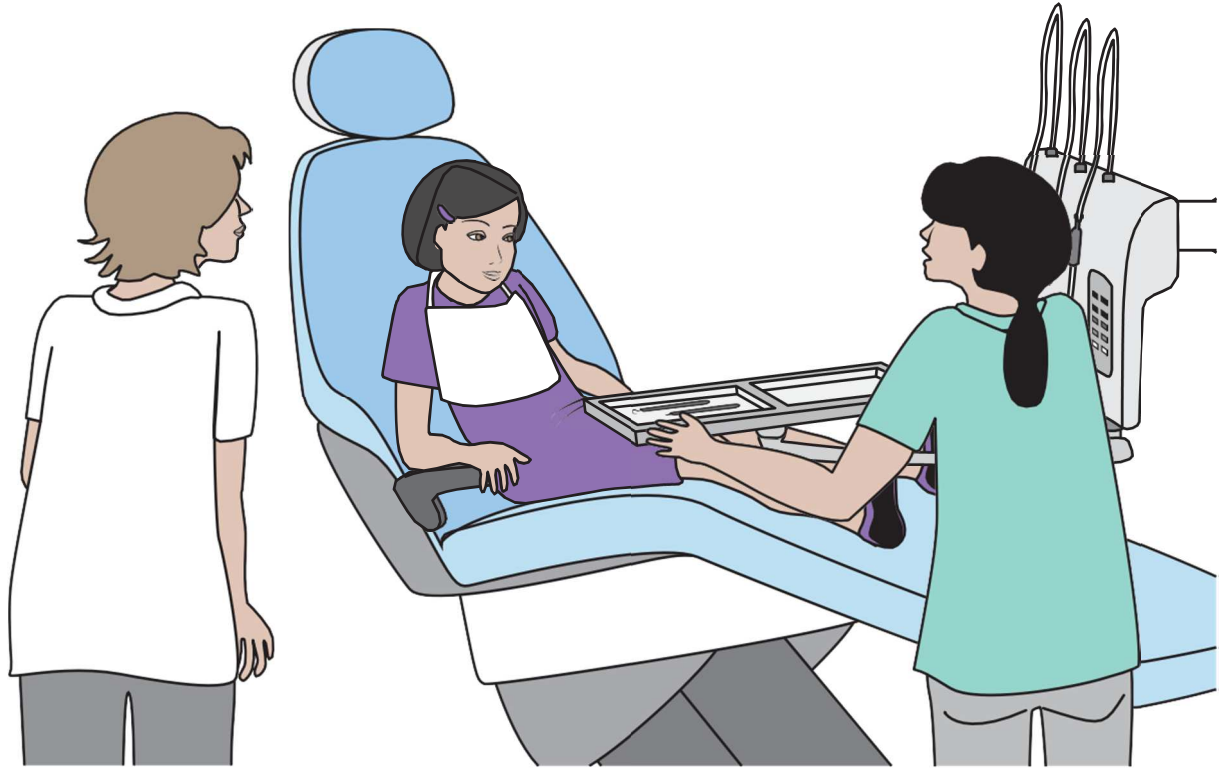
- I can make a noise.



- I can squeeze the hand of the person who came with me.



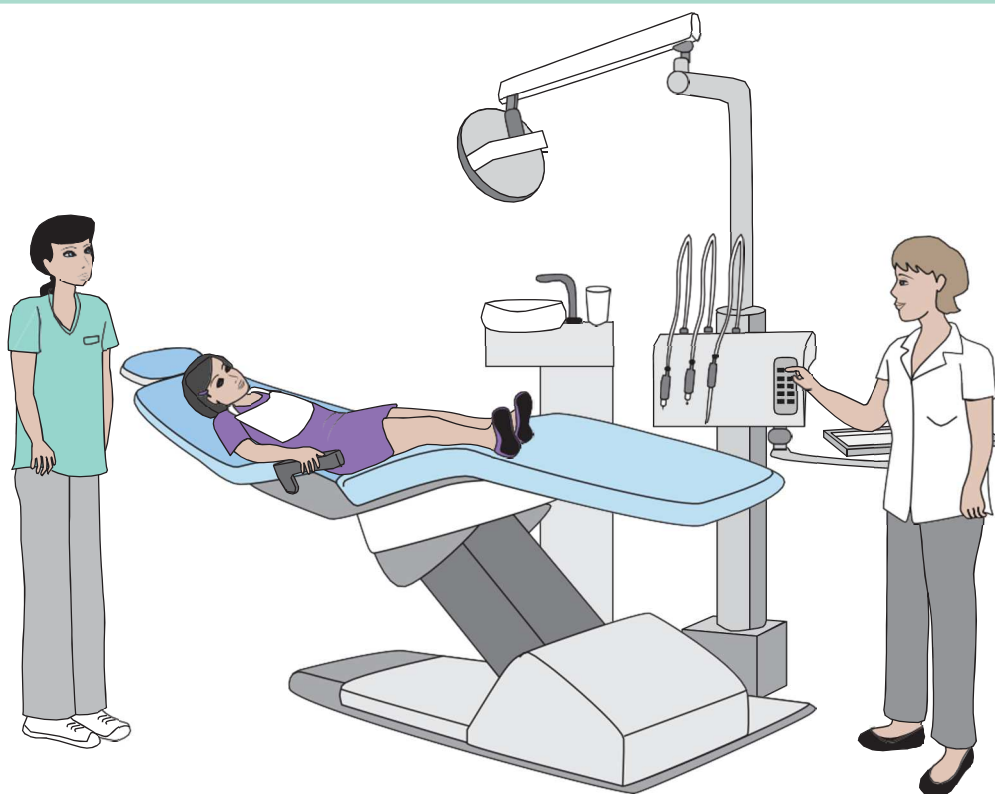
**The assistant turns the tablet so it's above my knees.**



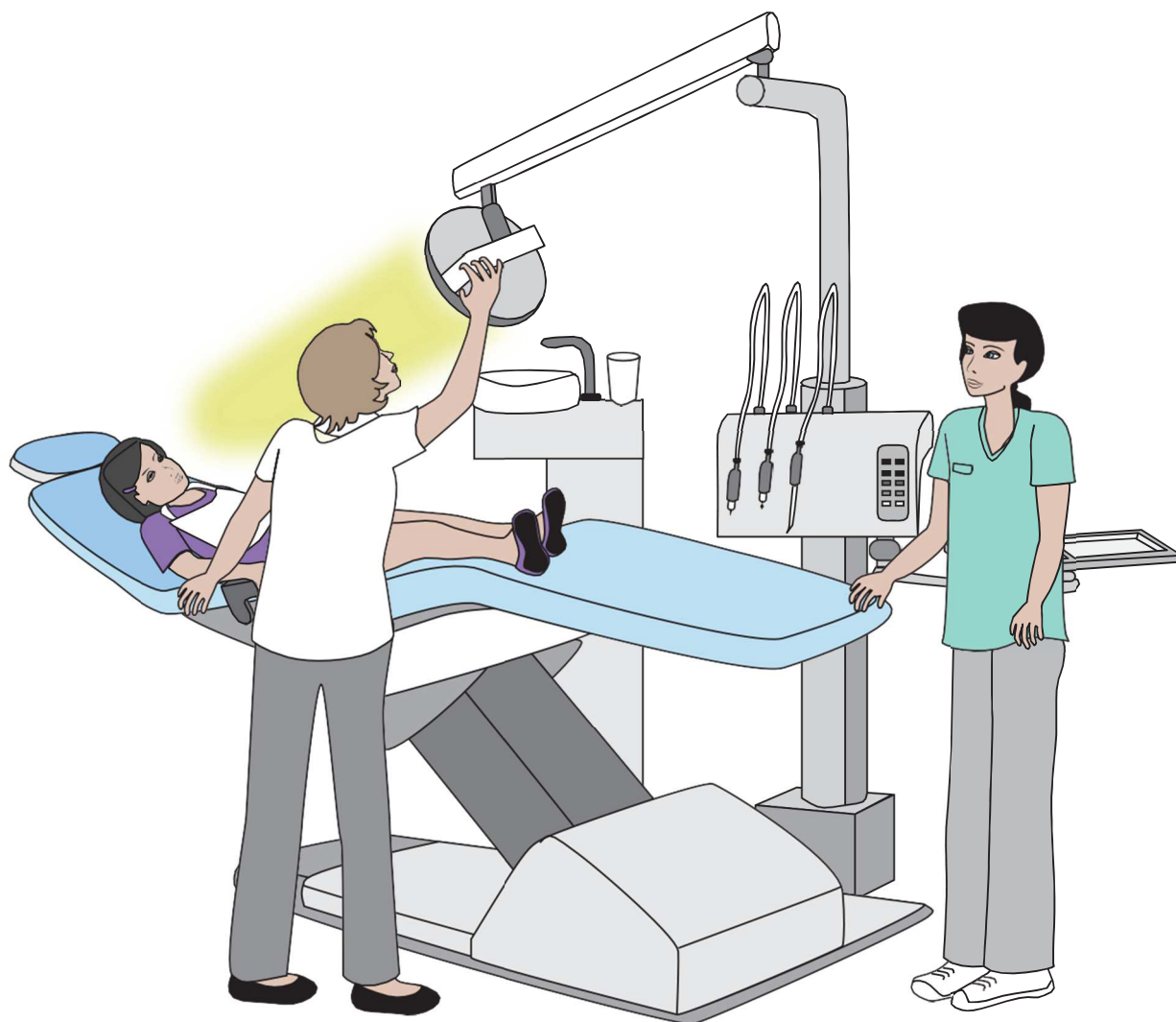
**The dentist shows me the instruments.**



**The dentist puts the chair back so I'm lying down.**



**A strong light shines in my mouth.**



**The dentist puts on gloves.**



**A mask.**

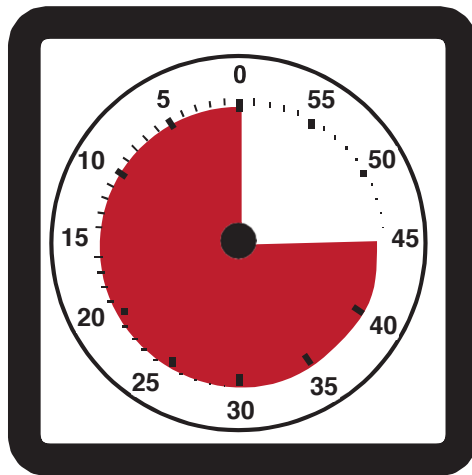


**And sometimes, big glasses too.**

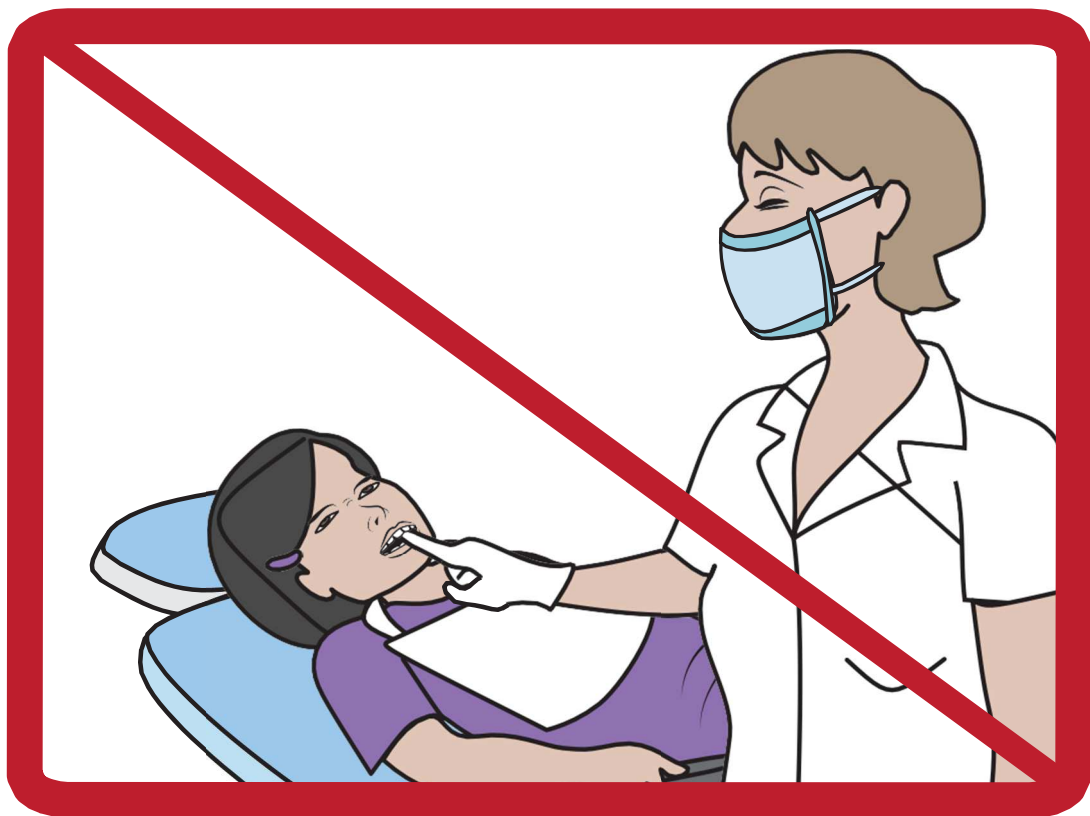


**I have to open my mouth wide.**

● **I have to keep my mouth open for a long time.**



● **I mustn't bite the dentist.**



● To help me, the dentist can put a little foam wedge in my mouth.

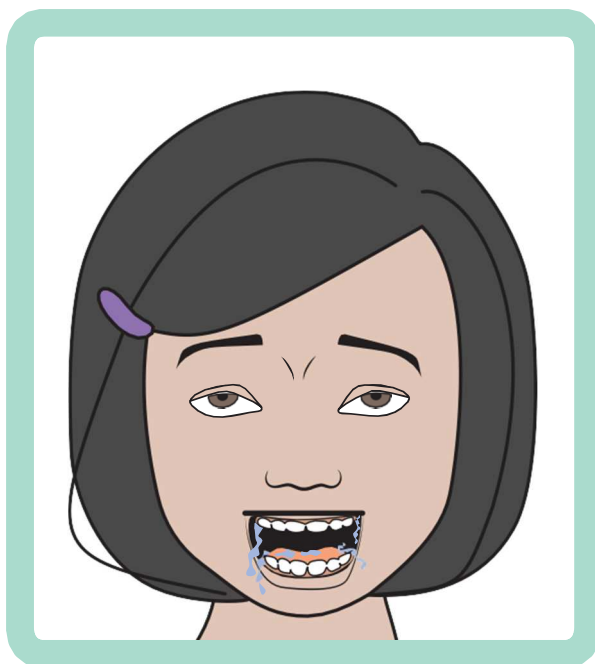


I must not move my head.





**I can't swallow my saliva.**



● **The dentist puts a little tube in my mouth to suck out the saliva.**



**The tube makes a noise.**

**The dentist looks for holes in my teeth.**

A hole in a tooth is called a cavity.



**The dentist can use an air nozzle to dry my teeth.**

It blows air and makes a noise !





**Sometime the dentist takes an x-ray of a tooth.**

- **She puts a little plate in my mouth.**



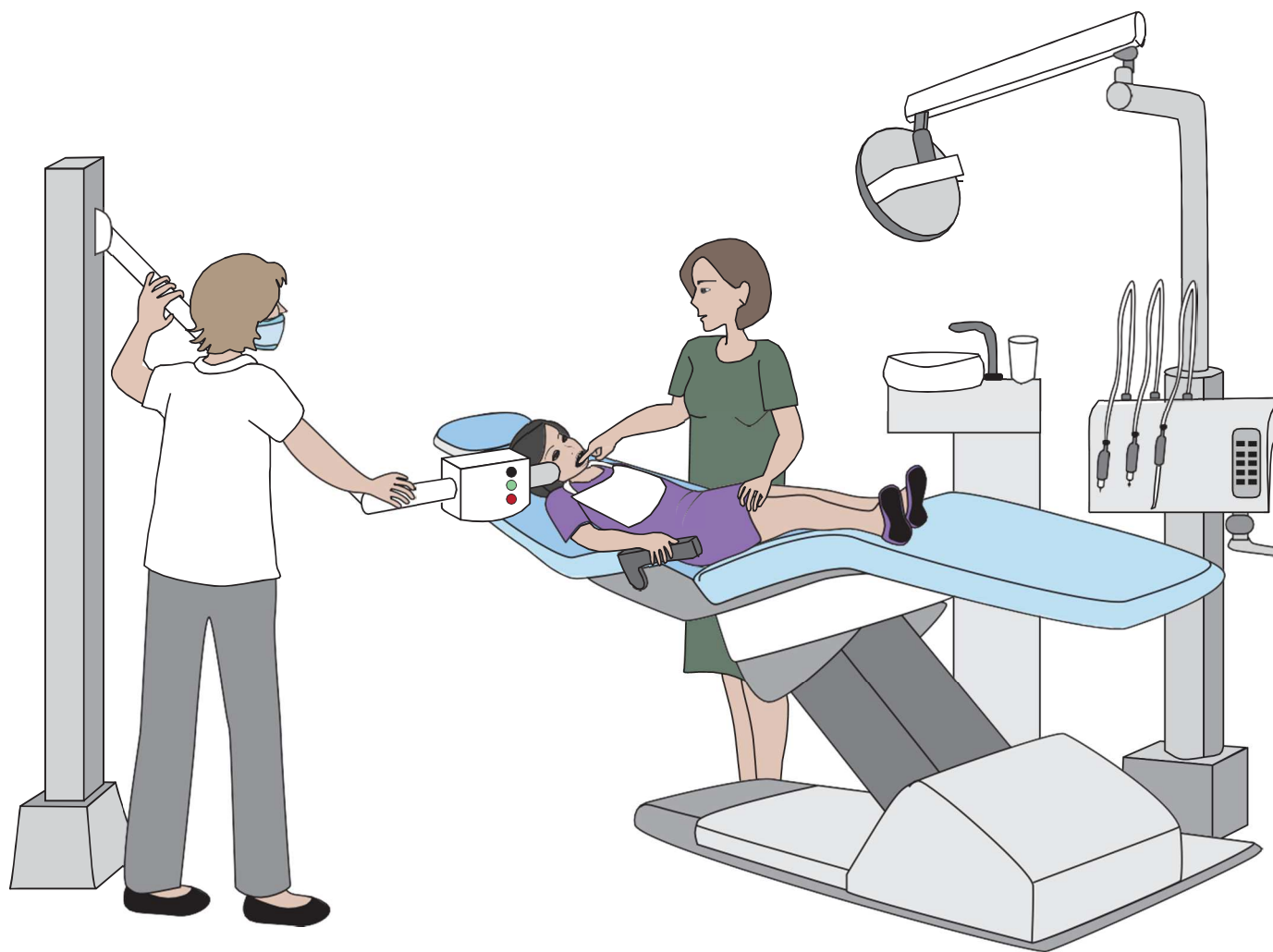
- **I hold the plate with my finger.**



- **If I can't do it, the person who came with me does it for me.**



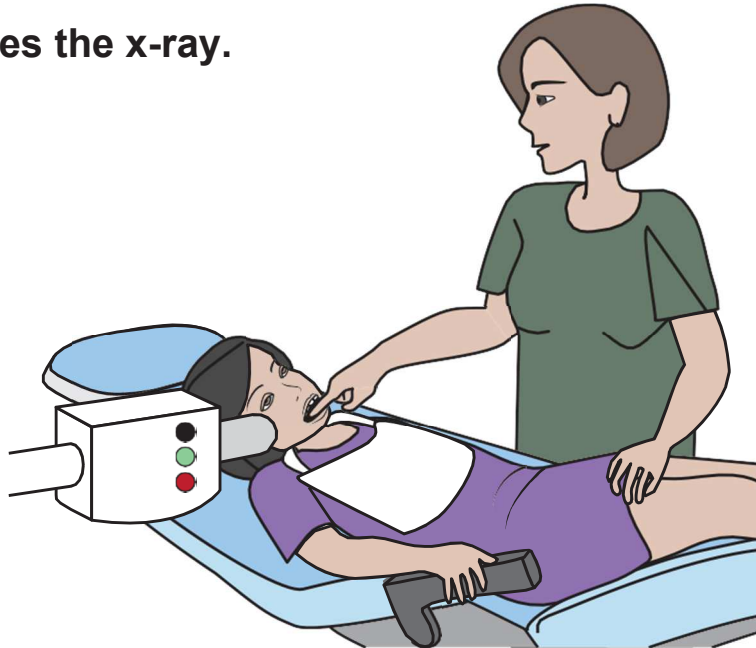
- The dentist puts a sort of tube near my cheek.



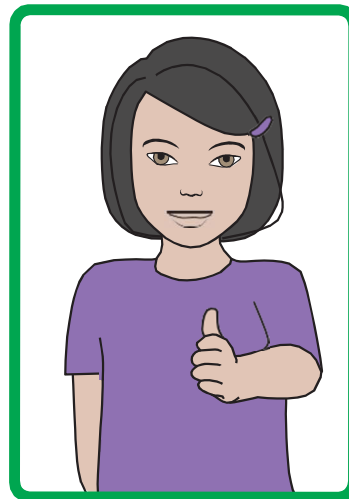
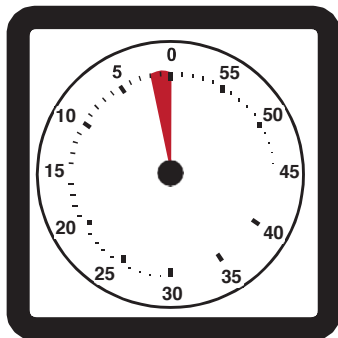
- I have to keep absolutely still !



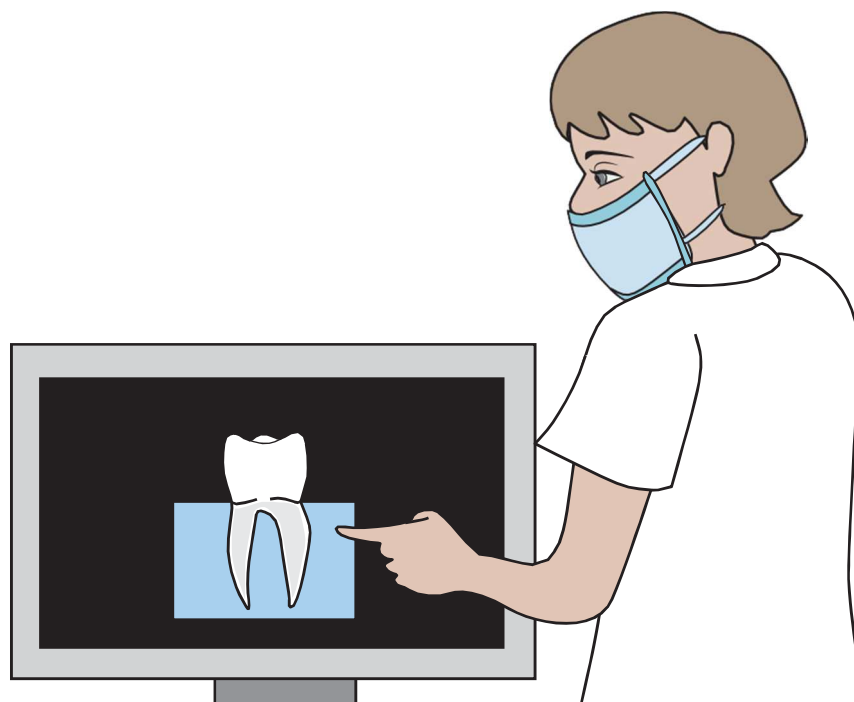
- The dentist takes the x-ray.



- It's very quick and it doesn't hurt.

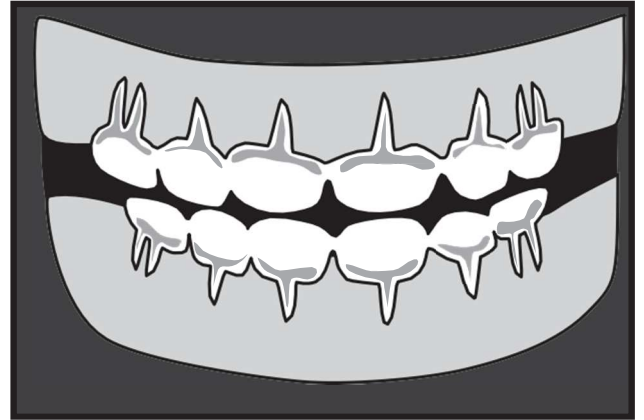
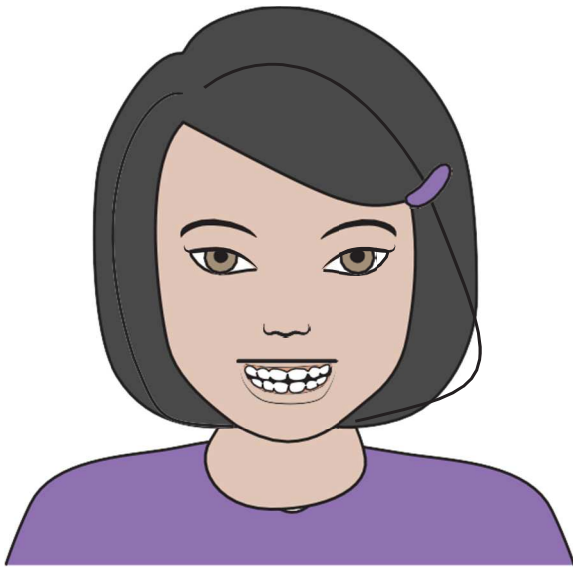


- The dentist looks at the x-ray of my tooth on the computer.

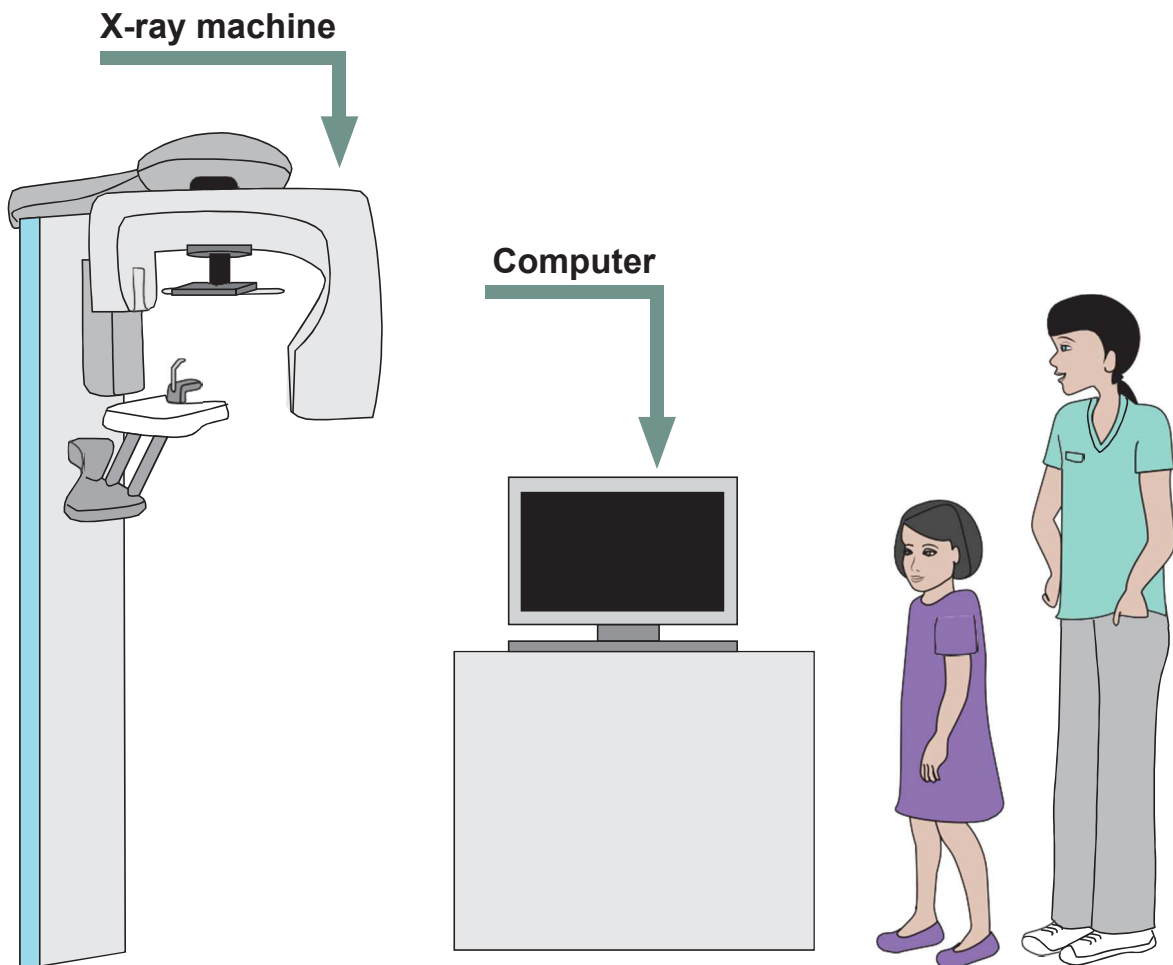


Sometimes the dentist takes a panoramic x-ray.

● That's an x-ray of all my teeth.



● I go into the x-ray room.



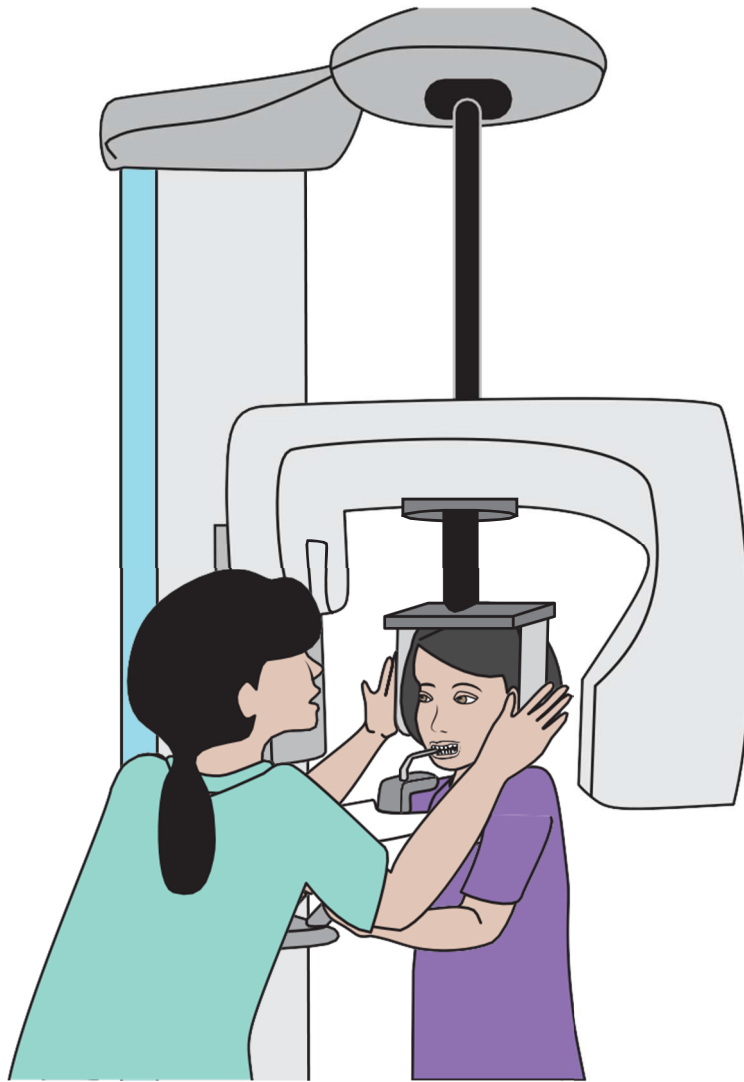
● I stand in front of the machine.



● I grip the plastic tube with my teeth.



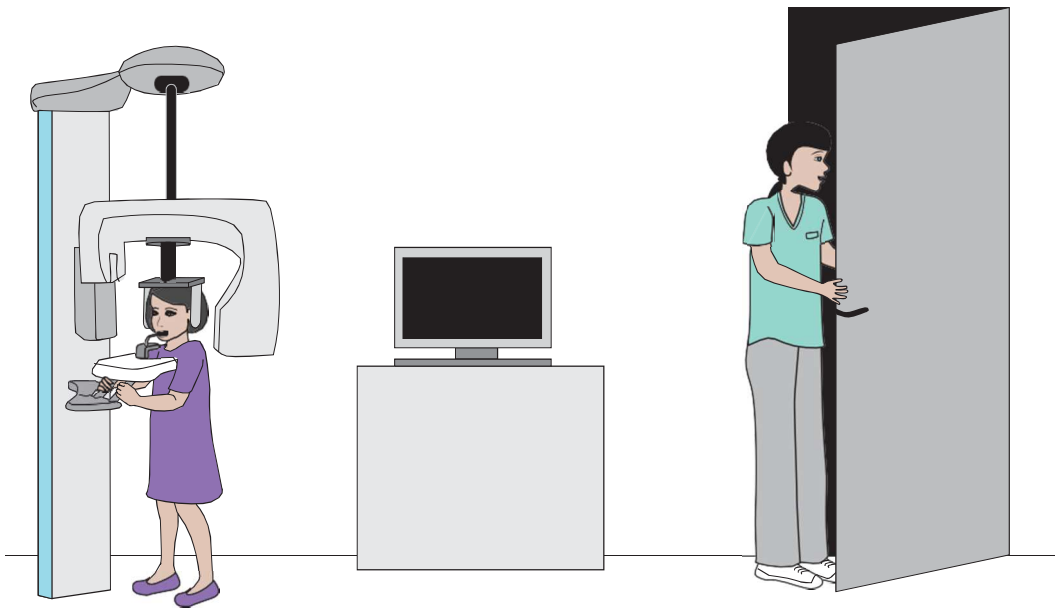
- The assistant wedges my head with two plates so I can't move it .



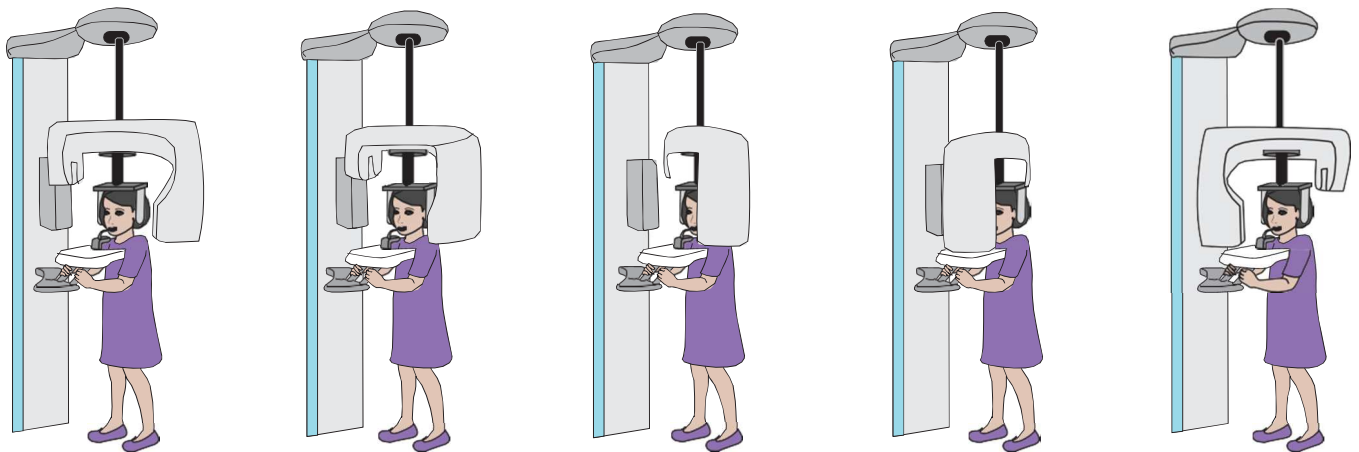
- I must stay absolutely still !



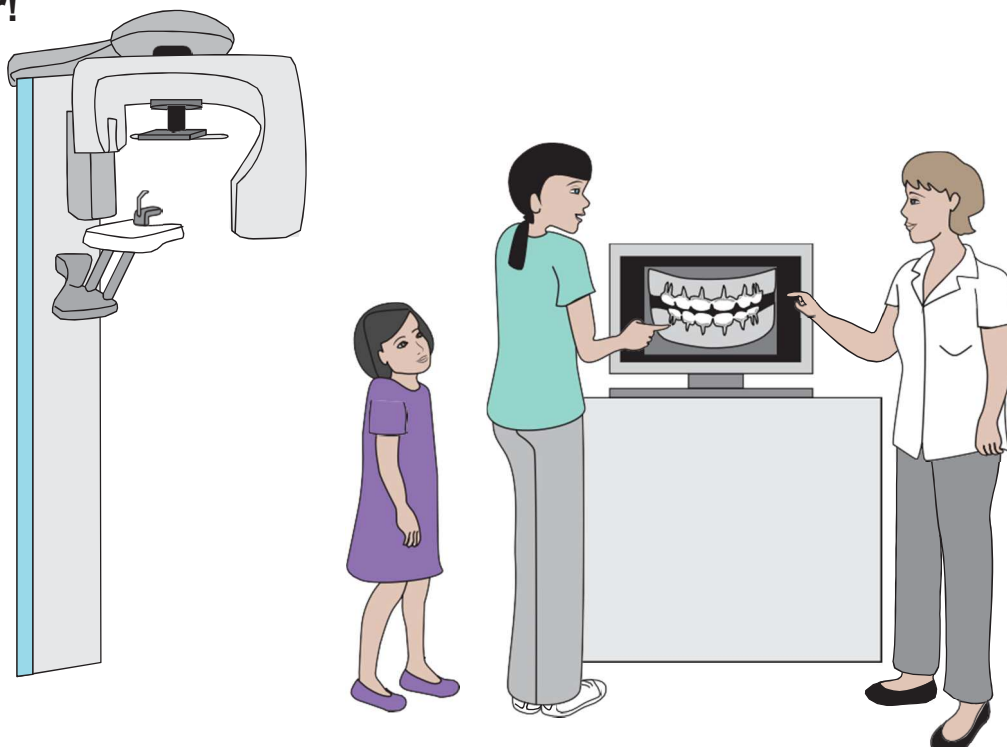
● The assistant leaves the room : I'm all alone.



● The machine goes around my head and makes a lot of noise.

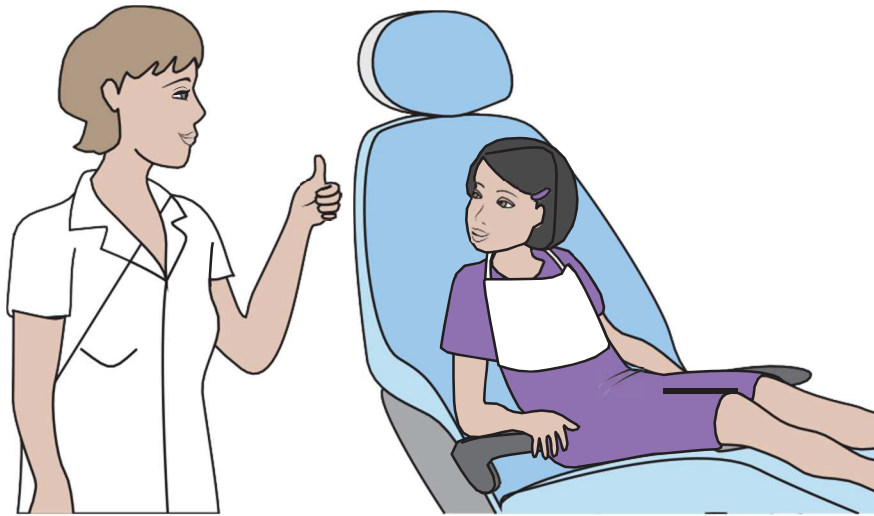


● It's over!

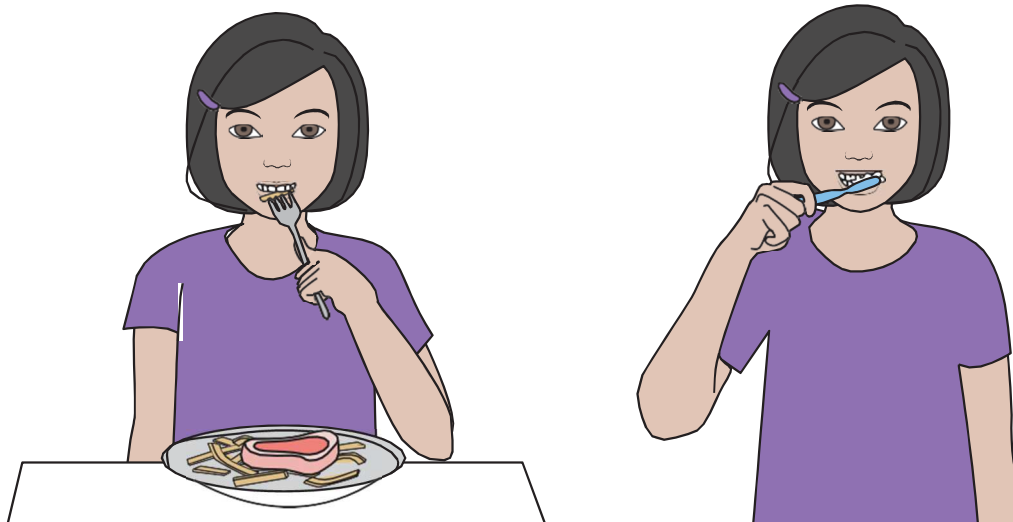


# So, there are several cases. Either:

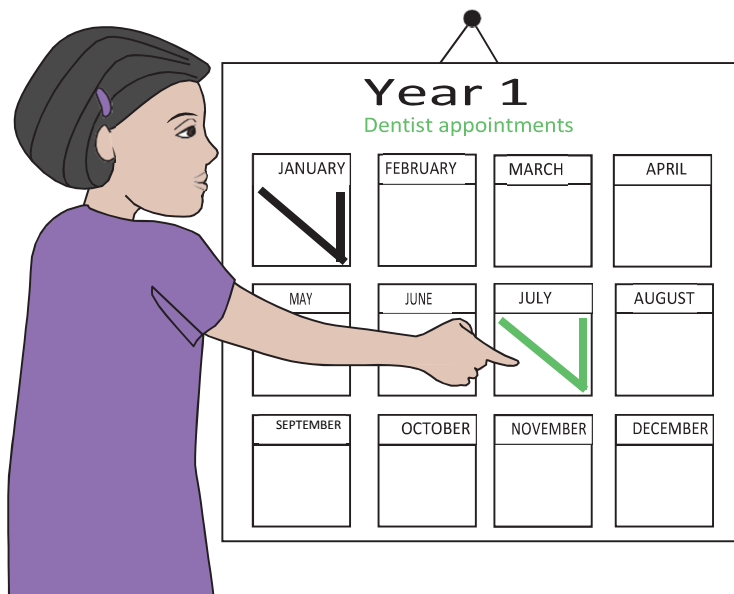
Everything is ok.



- I continue to brush my teeth after each meal.



- I'll come back again in 6 months to check that everything is still ok.





### **I have tartar on my teeth.**

- See booklet *"The dentist descales my teeth"*.

### **I have a cavity.**

- See booklet *"The dentist looks after a cavity"*.

### **I have to have a tooth replaced.**

- See booklet *"The dentist will put a crown in"*.

### **I have to have a tooth taken out.**

- See booklet *"The dentist takes a tooth out"*.

**SantéBD Multilingual is a project supported by the Orange Foundation.**



## Where can I find SantéBD booklets?

- **On the internet:**

Visit the website: <http://www.santebd.org>



- **On my tablet or smartphone:**

Download the SantéBD app from:



---

## All SantéBD booklets are free.

SantéBD is a project by the NGO CoActis Santé.  
[contact@coactis-sante.fr](mailto:contact@coactis-sante.fr)

SantéBD booklets are produced in partnership with different participants from the world of healthcare and working with disabilities. Illustrations by Frédérique Mercier.

*All rights of reproduction, representation and modification reserved for any medium worldwide. Any use other than for educational and information purposes, and any commercial use is prohibited. ©CoActis Santé*

---

## The creation of this tool was made possible with the support of:

FONDATION HANDICAP  
MALAKOFF MÉDÉRIC  
Groupe malakoff médéric humanis



MAIRIE DE PARIS



This document was proofread by people with learning disabilities and respects the European Easy-to-Read Guidelines. These guidelines make information available for everyone.

© Logo European Easy-to-Read: Inclusion Europe. For more information, visit the website [www.easy-to-read.eu](http://www.easy-to-read.eu)