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# What to Expect at Your Child's First Dental Visit

## What will occur during my child's 1st visit to the dentist?

- You will be asked to fill out medical history, answer a dental questionnaire and supply insurance information.
- Dr. Jim or Dr. Kelly will ask a few questions to get to know you and your child. He/she will then ask about your child's medical history. You will be asked about your child's dental history, home care, diet and tolerance of treatment in similar situations (like at the pediatrician's office). Be sure to ask any questions you have about home care.
- Dr. Jim or Dr. Kelly will take you and your child to the treatment room. If the child is willing, the dentist will have them sit in the chair.
- Depending on the age of your child, some dental x-rays may be taken (usually patients get their first x-rays somewhere between 3-5 years of age).
- Dr. Jim or Dr. Kelly may then show your child how the chair moves. He/she will also show your child the different tools they use. Most of the time, this is just a mirror and tooth brush at the first visit. It could also include a tooth counter, tooth washer (the polisher) and a straw (to suck up spit).
- If your child is young, the exam may take place lap to lap. This means that your child will sit in your lap (facing you) and then be laid down so that their head is in the dentist's lap. This way they still feel secure and can see your face but the dentist can still take a good look in their mouth.
- The dentist will check your child's soft tissues and teeth. He/she will count how many teeth are present and check for any cavities. The dentist will then brush the teeth and apply fluoride. The whole exam takes about 2-3 minutes.
- At the end your child will get a prize and you will get an update on their oral health. The dentist will make any suggestions for further care and home care. That's it!

## Common FAQ's

### When should my child have their first dental exam?

At Generations Dental, along with the American Dental Association and American Academy of Pediatric Dentistry, we recommend that all children have a dental exam by age one. This allows us to access home oral care and diet early to give parents tips to prevent early childhood decay. Some kids have cavities as early as 2 or 3 and this can be prevented.

### I am very protective. Should I worry about what will be done?

No. You will be with your child the whole time. The first exam normally consists of a mirror and a toothbrush. We just want to brush your child's teeth and get a look to make sure that their teeth and mouth are healthy and developing normally. It is similar to a well baby check.

**At Generations Dental, we want your child to have a great first visit. Visiting the dentist should not be an experience that provokes anxiety. Try to avoid describing the dental office in negative tones. We try to avoid predisposing children to fear. It may be helpful to play dentist with your child in advance to help them know what to expect at the visit.**

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## What to bring:

- Contact information for your child's pediatrician
- Insurance card and carrier information
- List of any significant medical procedures (with dates) your child may have had completed
- List of any medications your child may be taking.
- Any questions you have for your dentist. Sometimes it is nice to write them down in advance so you don't forget to ask anything.
- A familiar toy for your child, to hold while we talk.

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## Special points of interest:

- EVERY child should have regular dental visits starting at age 1.
- Healthy baby teeth allow for healthy and properly spaced adult teeth. Take care of them!

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## Questions? Ask us!

