

Easy Read Guide

Regular Dentist visit



What is a Dentist visit?



- A dentist visit is a check-up to make sure your teeth and mouth are healthy.
- The dentist looks at your teeth, gums, and mouth to see if there are any problems.
- You don't need to have a sore tooth to visit the dentist. Regular check-ups help stop problems.

Why are Dentist visits important?



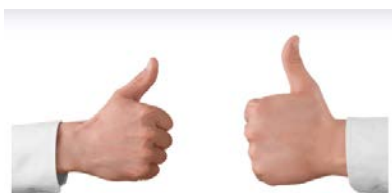
- They help keep your teeth and gums healthy.
- The dentist can find small problems before they become big ones.
- Healthy teeth help you eat, smile, and feel good.
- For people with intellectual disabilities, dentist visits are important because:
 - You might not notice if something is wrong with your teeth.
 - The dentist can teach you how to take care of your teeth at home.

What happens at a Dentist visit?



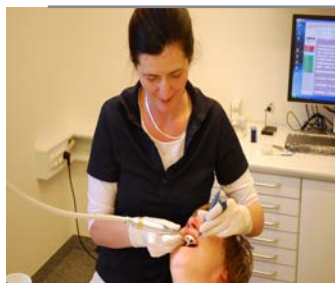
- **Before the appointment:**
 - Brush your teeth well before you go.
 - Write down any questions you want to ask the dentist.
- **At the appointment:**
 - The dentist will look inside your mouth to check your teeth and gums.
 - They might clean your teeth to remove **plaque** (a sticky film that coats teeth and contains bacteria)
- **After the appointment:**
 - The dentist might give you advice about brushing and flossing.
 - You may need to book another appointment if there is work to be done.

How to feel comfortable



- Bring a support person if you feel nervous.
- Tell the dentist if you are scared or have any worries. They are there to help you.
- You can ask the dentist to explain things in a way you understand.

How often should you visit the Dentist?



- Most people should visit the dentist every 6 months.
- You might need to go more often if:
 - there is work to be done.
 - the dentist asks you to come back.

Tips to keep your teeth healthy



- Brush your teeth twice a day with **fluoride toothpaste**.
 - Floss your teeth every day to clean between them.
 - Eat healthy foods and limit sugary drinks and snacks.
 - Drink water instead of sugary drinks.
-

Need Help?



- Talk to a family member, friend, or support worker about booking a dentist appointment.
- Ask them to help you write down your questions or go with you to the appointment

Remember: Regular dentist visits keep your teeth and mouth healthy. It's always okay to ask for help or more information.

Contact Information

If you want to ask a question about this guide or make a complaint, you can contact:

The Chief Executive Officer (CEO) by sending an email to manager@p2pqld.org.au
