



## **YOUR CHILD'S FIRST FILLING OR EXTRACTION**

Your child's first filling or extraction can be a cause of anxiety for both the child and parent (sometimes for the parent more so than the child!). Remember, however, that our office has a great deal of experience in helping children. We are experienced in handling different reactions.

We utilize the TELL-SHOW-DO method of introducing children to dentistry. This involves first TELLING your child what is going to happen, then SHOWING your child any instruments that will be used, and then DOING what has been explained. Most children respond well to this routine.

In preparing your child for their appointment, we have found these suggestions to help:

- ◆ Please do not tell your child about any negative experiences from your childhood dental visits. Do not use words like "hurt" and "pain". Dentistry has improved greatly that most children actually enjoy their dental visits.
- ◆ Do not tell them that they are going to get a needle. Drs. Gordan and Susan are very skilled at giving anaesthetic that children often do not know that they have just received an injection.
- ◆ We prefer to treat a child's first filling or extraction during morning or early afternoon hours. We find that children are much more compliant and relaxed when they are well rested.
- ◆ Make sure that you have given your child something to eat before the visit as they will be uncomfortable to eat immediately after dental treatment.
- ◆ Do not plan any activities immediately after the visit. It is best just to go home and rest until the anaesthetic wears off.
- ◆ When you arrive, if you feel more comfortable to accompany your child into the treatment room until he/she is more adjusted, you may do so. During the treatment, we prefer that parents wait in the waiting area as we have experienced that children are much more compliant when they have our complete attention and no distractions from the parent.
- ◆ After the visit, remind your child not to bite their lip or tongue as it will hurt when the anaesthetic wears off. Have soft food ready for their next meal.
- ◆ It is normal to feel a slight tenderness in the tooth and gum after the anaesthesia wears off (it will feel like a bruise). You can give your child a dose of Tylenol if required.

We thank you for your co-operation in making this visit non-threatening for your child. It is essential to us that this is a positive experience.

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