## Going to the Dentist



I am going to the dentist. Everyone goes to the dentist.



A dentist helps keep my teeth clean and my gums healthy.



I will get to sit in the dentist chair. Sometimes there is a big light. This helps the dentist see my teeth better.



Sometimes the dentist will take pictures of my teeth. I might be asked to keep something in my mouth.



The dentist or hygienist will clean my teeth with a vibrating toothbrush. The toothbrush makes a buzzing noise and might tickle my mouth.



They may also use floss or a pick to scrape plaque off my teeth.



Sometimes the dentist will add fluoride to my teeth. This is to help keep my teeth from getting cavities.



Sometimes the dentist will ask me to rinse my mouth out. I drink a little bit of water and swish it around in my mouth. Then I spit the water out in the little sink.



The dentist will also count my teeth. I can ask him how many teeth I have.



When I am told that I am done, I can get out of the chair and pick a prize.

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