

Dear Parent:

We would like the first visit for your child to be as pleasant as possible. Because parents often don't know what to expect, it is not unusual for parents and children to be a bit apprehensive about the first dental visit. By letting you know what will happen during this visit, it can be much more relaxing for you and your child.

At the initial visit, our goal is to complete a comprehensive oral examination, take any necessary x-rays, thoroughly clean the teeth, and apply a fluoride treatment. Dr. Tina will also speak to you about preventative dental care and any areas of concern regarding growth and development of teeth and/or jaws. Since Dr. Tina is also an orthodontist, she can also recommend if and when orthodontic treatment would be needed.

To prepare your child for the first visit, we recommend the following:

- Tell your child they are going to the dentist and Dr. Tina is going to count their teeth, probably take some pictures (x-rays) of their teeth, and clean their teeth with a special toothbrush.
- If your child asks you a question about the visit that you're not sure about, tell them: "I don't know, we'll have to ask the dentist when we get there".
- To help assure a positive experience for your child, please avoid discussing any negative dental experiences or dental anxiety you may have with your child. Children can easily pick up on their parent's anxieties and this sometimes leads to them having more anxiety.
- You can tell your child that you will be with them during the visit.

Most children who come to the dentist and are old enough to understand what is going on (older than 3 years of age) usually behave very well while having their teeth examined. We take the approach of telling and showing a child what we are going to do before we do it. Usually, children respond very well to this relaxed approach. Children who are less than 3 years of age or who are very nervous, may cry. But this is only their way of saying that they'd rather be doing something else. For these children, we often find it helpful to enlist your help in holding the child on your lap or in some other fashion during the exam. We want the experience to be positive for your child and we will try to do what needs to be accomplished in an efficient and caring manner. If your child seems particularly anxious or sensitive, we can

discuss other options with you to help manage your child's needs at future appointments.

Fillings or other non-diagnostic treatment are rarely done at the first visit. This is for two reasons. First, we would like to introduce our dental office to your child as a friendly, non-threatening place and to dispel some possible fears they may have held before coming for the first time. This is best done by keeping the appointment short and keeping the procedures simple. Second, because we don't know beforehand what treatment your child might require, it is difficult for us to schedule appropriate time for additional treatment at the first visit. Appointments for required dental treatment can be made at the completion of the examination appointment.

Please print the two forms from the website: the Patient Registration form and Health History form. Complete these forms and bring them with you to the first visit. In addition, please bring any insurance information you may have. Feel free to call us if you have any questions. See you soon!

Dr. Tina & Staff

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