



your buddy, your dentist

Even though you probably only visit your dentist once or twice a year, he or she is one of the most important people you see. That's because the dentist helps keep your teeth clean and healthy.

what happens when you visit the dentist?

A few things will happen during your regular checkup and cleaning.

1 The dentist or hygienist, the dentist's assistant, will **use a little metal tool to get the tartar and plaque off your teeth.** Plaque is a buildup of bacteria that stick to teeth. If it's not removed often by brushing and flossing, plaque can harden into tartar. Everyone has some plaque. Don't feel bad if there's a little bit of scraping needed.

2 **A squirt of water may be used to rinse** away the stuff scraped off your teeth.

3 **Your teeth will be polished** with toothpaste that feels kind of sandy. This helps make the outside of your teeth super smooth, which makes it harder for plaque to stick to.

4 After this, **you'll have a quick flossing,** and then the dentist will check your clean teeth for any signs of decay or other problems.

5 **Treasure chest time!** Many dentists will let you pick a prize when you're all done. Have fun!

