



Caregiver Guide to Pediatric Dental Treatment

Jason Tanguay, DDS * Lindsey Hollern, DDS

MINT.



dental studio

Information

A lot of details go into making a child's dental treatment appointment go smoothly; this guide contains tips on how you can help us make your child's dental treatment appointment a positive experience.

- * Schedule the appointment when you feel the child will be at their best (ex.: not during their nap-time, if they are usually an early-bird - a morning appointment may be best)
- * Please make sure the child has had a meal or a snack with a mix of protein and carbohydrates (cheese and crackers, etc.) within 30 minutes to an hour prior to the appointment. No-one (including kids) are at their best when they are hungry.
- * Research has shown that certain words and phrases can actually increase a child's fear and anxiety in anticipation of dental treatment. We ask you not to prep them in advance of the appointment, and especially request the avoidance of words such as "shot", "needle", "drill", "be brave", "be tough", etc. If you would like further information or guidance on how to discuss your child's visit with them, please ask the dentist on how to approach this subject with the child and we would be happy to provide further details and resources.
- * Nitrous oxide (laughing gas) is helpful for most children during their dental treatment appointments. You may hear us call it "silly gas" or ask them to sniff the "smelly nose".
- * While we use certain techniques (such as tell-show-do, and positive reinforcement) to help almost all children cope with their treatment, sometimes advanced behavior management techniques are needed because of their lack of experience and maturity in dealing with unusual and potentially uncomfortable experiences.
- * Since the treatment rooms have tvs with Netflix, and watching a movie or show is one method we utilize to distract children during their appointment, we encourage parents to select a movie or tv show with their child that they enjoy or have been looking forward to watching.
- * After the appointment, we recommend you give the child ibuprofen or acetaminophen. Giving them this immediately following their appointment will allow it to be absorbed and be effective by the time the anesthetic is worn off.



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Information Continued

- * Please watch the child until they are no longer numb to make sure they do not chew on their lip, cheek, or tongue. Sometimes a child can injure themselves while they are numb, and then have a painful injury when the numbing wears off.

- * **Beyond the above recommendations, there are really only three requirements for pediatric dental appointments:**
 - 1) No other children are allowed in the treatment room.

While other children can safely be in a room during an exam and cleaning, there are many instruments in use during treatment that can quickly injure the patient or another child if an accident such as a bump or trip were to happen. Additionally, other children are a distraction to the dentist and assistant, and we want to ensure we are 100% focused on caring for the patient in front of us in that moment.

 - 2) It is our preference to have no caregivers in the treatment room, since children typically do better with staff only. If you feel that you would be helpful, it is your choice to be present, as long as the child is doing ok. However, if a caregiver's presence is detrimental to the child's behavior, we reserve the right to excuse the caregiver to the lobby for the remainder of the appointment and for future treatment appointments.

 - 3) If the caregiver remains in the treatment room, we respectfully request that you refrain from speaking on your phone. Texting, playing games, or other silent activities are ok, but we find that phone conversations are distracting. If you must take a phone call, please take the call in the lobby or outside. We reserve the right to excuse the caregiver to the lobby if they choose to take a phone call in the treatment room.