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# CDS Easy-Read Dental Booklet



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# CDS Values

## Improving Oral Health in Ever More Communities

-  **D**elivering - Excellence
-  **E**ngaging - Everyone
-  **N**urturing - Each other
-  **T**rusted - To do the right thing
-  **A**ccountable - Always
-  **L**eading - and Learning

[www.communitydentalservices.co.uk](http://www.communitydentalservices.co.uk)

A Social Enterprise

Providing NHS Dentistry



# Introduction by Nicola Blake

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This booklet was produced by Nicola Blake who qualified as a Dental Nurse in 1995, and joined the Community Dental Service in 1996. Nicola works clinically on the special care mobile units, visiting locations all over Bedfordshire, to treat vulnerable groups. These include the homeless, mental health units, special schools, learning disability day centres and residential care homes for people with neurological and physical disabilities, she also organises special care general anaesthetic sessions across Bedfordshire.



The booklet has been made to assist all the patients who need extra support and care when planning a visit to the dentist.

After gaining funding from Skills For Care Nicola produced an image sheet for most dental procedures to help all learning disabilities, autism and dental phobic patients have a better knowledge and awareness of what items they will see and expect to be used when attending the dental appointment.

Many local organisations provided feedback and suggestions, namely Autism Bedfordshire, Special Needs schools; Adult training centres from Bedfordshire and Bedfordshire Special Care specialists within CDS.

A very big thank you to all who assisted in the final production of this booklet.

# Brushing our teeth

Brushing your teeth with 'Family/adult' fluoride toothpaste



You must brush morning and night, most important last thing before going to bed.



Use a small headed tooth brush and a pea sized amount of fluoride toothpaste.



You can ask an adult to help brush your teeth.



# Caring for our teeth

## **Tooth friendly snacks:**

Snacks you can have during the day and in between meals.



bread



fruit



milk



plain yoghurt



popcorn



rice cake



water

## **Tooth unfriendly snacks:** Snacks you should only have at meal times.



flavoured water



fruit yoghurt



orange juice



raisins



smoothie



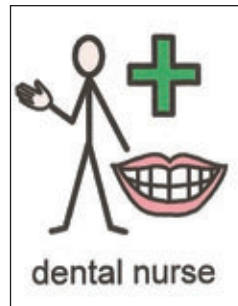
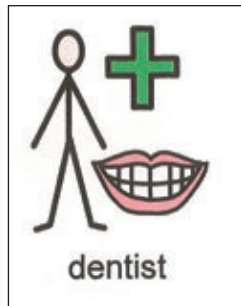
squash



sweets

# The dentist visiting the school & day centre

The dentist and nurse will come into the school and each classroom, to have a look at everyone's teeth.



They will use a mirror to look at your teeth.



A torch will be used to see in your mouth.



They will also wear gloves.



# The dentist visiting the school & day centre *Continued*

The dentist and nurse will come to you with the mobile unit (van).



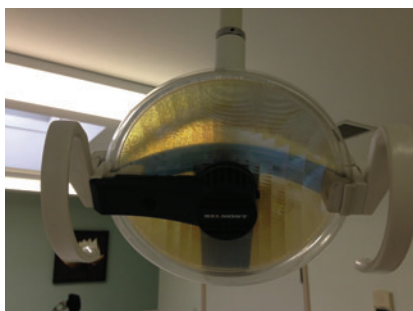
You will sit in the chair so the dentist can look at your teeth.



The chair may move up or down so the dentist can see your teeth.



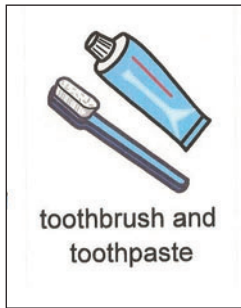
The dentist will use a big bright light.



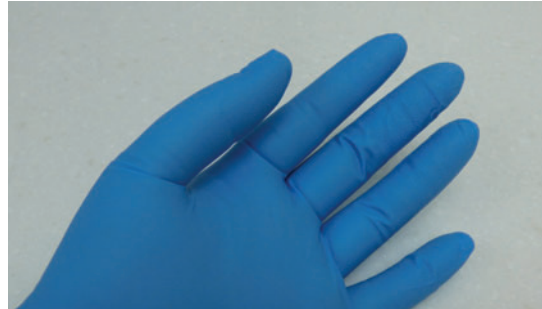


# The dentist visiting the school & day centre *Continued*

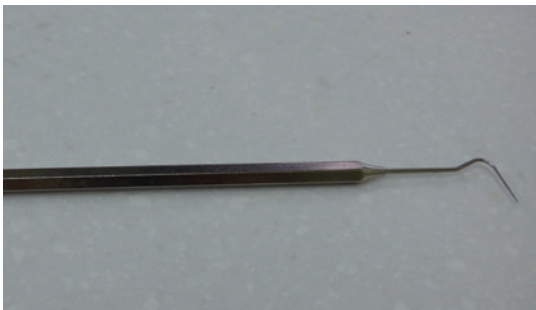
The dentist will use these items.



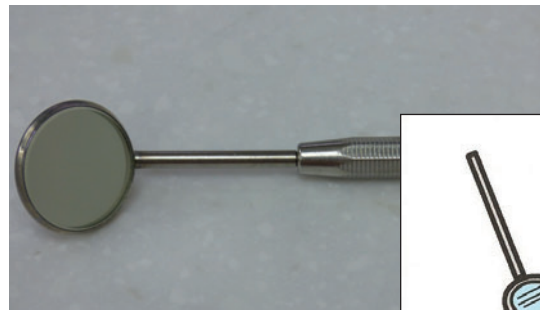
Toothbrush.



Gloves.



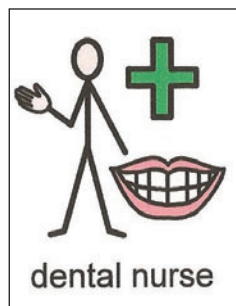
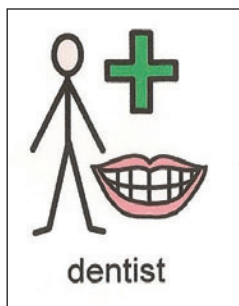
Probe - this is to count your teeth.



Mirror.



The dentist tells the nurse about your teeth.

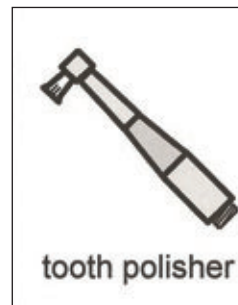


# Having your teeth cleaned at the dentist

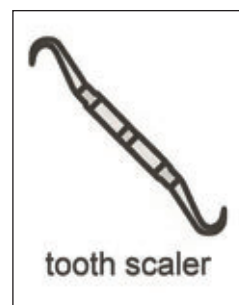
The dentist will start by using a toothbrush.



The dentist will use his special tooth brush which is noisy.



The dentist may use a scaler to give an extra clean.



# Having your teeth cleaned at the dentist *Continued*

Special scaler with water spray.

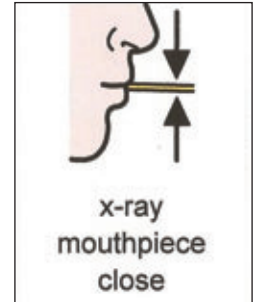
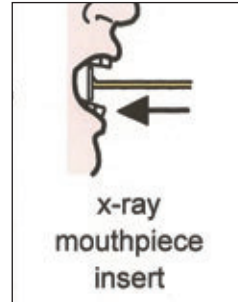
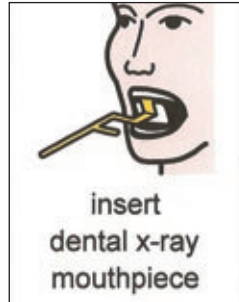


The nurse will use suction to suck water out of your mouth.

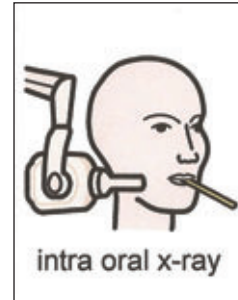
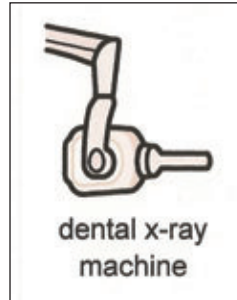


# Having an x-ray (picture) at the dentist

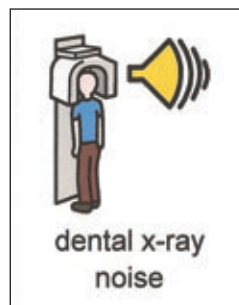
The dentist puts a plastic film in your mouth on a plastic holder.



The dentist places the camera near your face; this will take the picture of your teeth.



Next the dentist and nurse will move to one side of the room and press a button which will make a beeping noise.



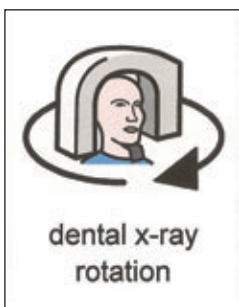
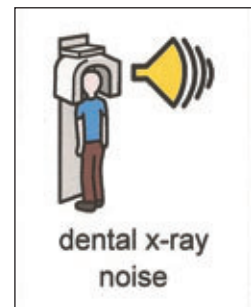
You would also need to be able to sit very still. The dentist will then show you the picture.

# Having a large x-ray (picture) of your whole mouth at the dentist

The dentist will place you comfortably in the machine.



Next the dentist and nurse will move to one side of the room and press a button which will make a buzzing noise, until it has finished taking the picture.



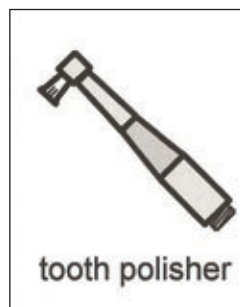
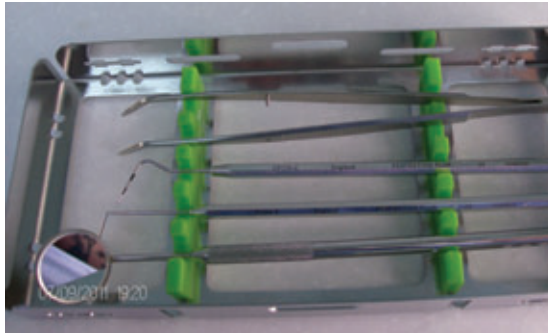
The frame will move around your head but will not touch your head. You would also need to be able to stay very still.

The dentist will then show you the picture.



# Having your teeth fissured sealed at the dentist

The dentist will use the following items: mirror, probe and tweezers.



Special toothbrush.



Cotton wool rolls.



Special bright curing light.



Suction.

# Having your teeth fissured sealed at the dentist *Continued*

You will need to sit in the dental chair, and it will lie you down.



You will be asked to open your mouth wide.



The dentist will place cotton wool rolls next to your tooth.



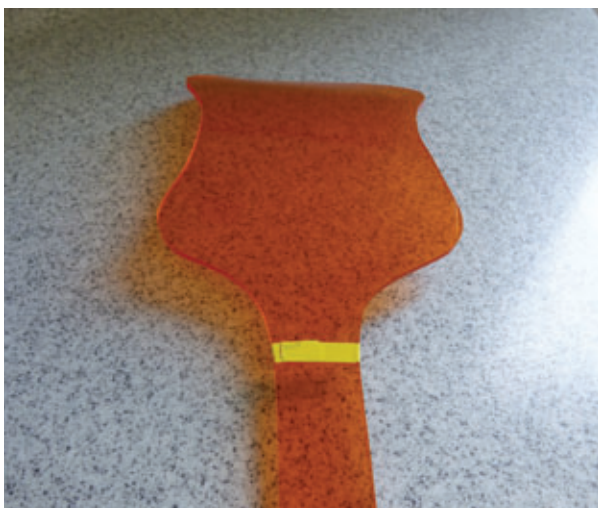
The dentist paints a clear liquid on your tooth.

# Having your teeth fissured sealed at the dentist *Continued*

The dentist sprays water on your tooth, the suction will be used.



The dentist will then paint on another liquid which is left on the tooth and made hard by a special bright light.



The nurse will hold an orange shield, as the light is very bright.

The light will need to be on 3-4 times and once it has the cotton rolls will be removed.

You can then sit up and rinse out with water if you want to.

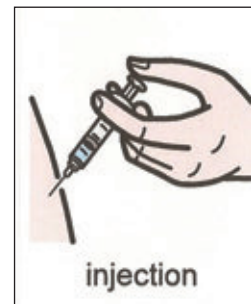


# Having a tooth numbed at the dentist

The dentist will place cream near your tooth on cotton wool.



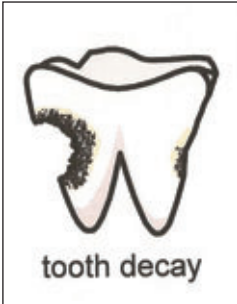
Then a special spray / injection will put your tooth to sleep (numb).



Your tooth is numb.

Careful. Do not bite your cheek or tongue.

# Having your tooth filled at the dentist



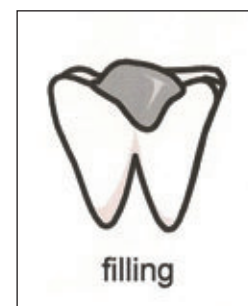
The dentist will use the following items: Mirror, probe, tweezers, excavator (small baby spoon), ball burnisher (a ball to make a filling smooth), carver (to shape the filling).



The drills which are noisy are used to clean the tooth.



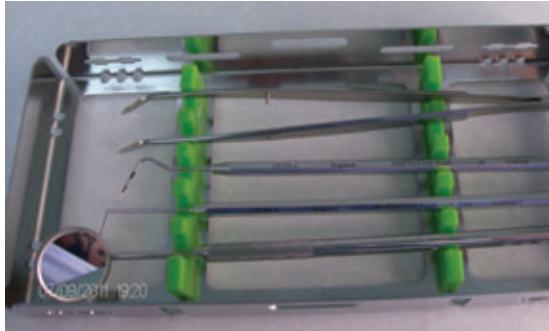
The suction will be used to remove the water from your mouth.



They will now fill your tooth so it is healthy again.

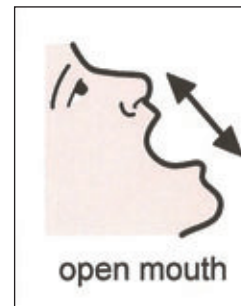
# Having your tooth removed (extracted) at the dentist

The dentist will use the following items: Mirror, probe, and tweezers.

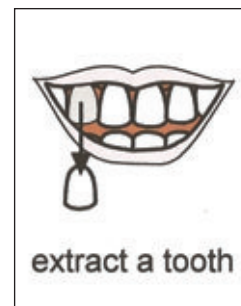


The tooth will need to be numbed. You may need an injection.

You will be asked to open your mouth wide.



The dentist pushes on your tooth.



Your tooth is out.

# Having your tooth removed (extracted) at the dentist *Continued*

## After care instructions

You will now be asked to bite on a cotton wool ball.



Be careful not to bite your cheek or lip.

Do not rinse your mouth out for 12 hours.



Do not eat hot, crunchy or hard food.

Do not drink alcohol for 24 hours.



Do not smoke for 2-3 days.



# Having your tooth removed (extracted) at the dentist *Continued*

## After care instructions

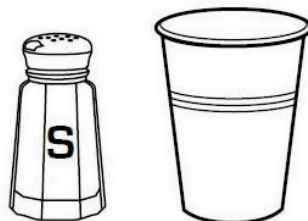
Take it easy for the rest of the day.



If it starts to bleed bite on a clean pack for 15 minutes.



After 24 hours rinse mouth with some salt water.



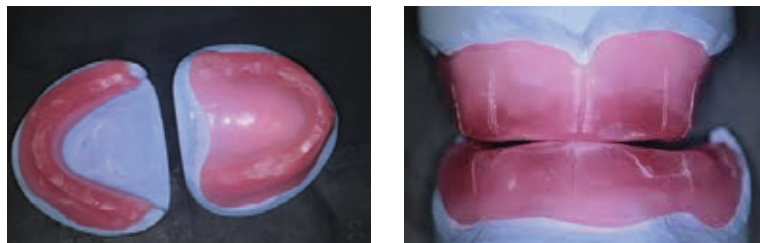
# Having dentures made at the dentist

To make false teeth the dentist will have four stages before you can take them home, and this can take up to six weeks.

Stage one - taking impressions, this will make a mould of your teeth.



Stage two - checking your bite, they will place a wax block in your mouth and ask you to bite your teeth together.



Stage three - you will get to try the teeth while in soft wax, to see how they look and feel.



Stage four - final fit, if you are happy you can take them home.

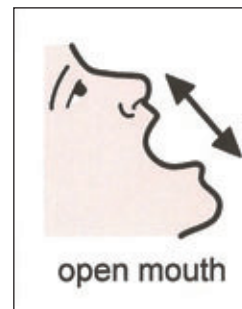


# Having fluoride varnish applied by the dental team

The dentist or nurse will ask you to sit in the chair.



You will be asked to open your mouth wide.



They will then dry the teeth.



# Having fluoride varnish applied by the dental team *Continued*

They will brush on the fluoride varnish.



You will then be asked not to eat or drink anything  
for 30 minutes and nothing too hard for 2 hours.



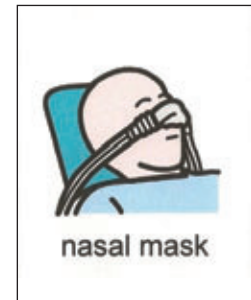
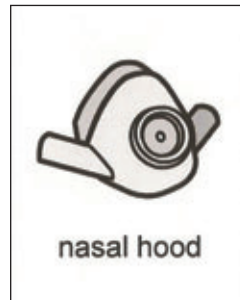


# Inhalation sedation at the dentist

You will be asked to take a seat in the dental chair.  
They will look in your mouth.



They will place a small mask over your nose.



You will be given gas to breath to make you feel  
relaxed and happy. Most treatment can then be carried out  
as per instruction sheet.

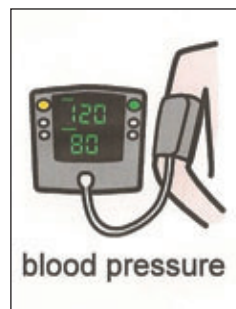
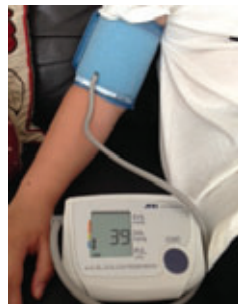
You will be asked to stay at the clinic for a short while  
after treatment has been completed.

# Intravenous sedation at the dentist

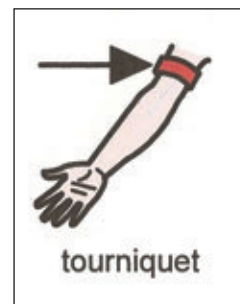
You will be asked to take a seat in the dental chair.  
They will look in your mouth.



The nurse will take your blood pressure.

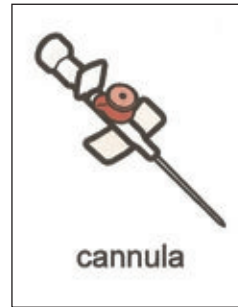
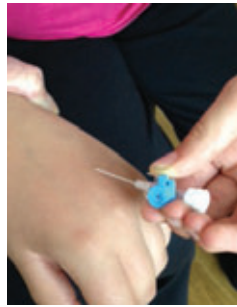


They will then need to look at the veins in your hand,  
so the nurse will hold your wrist.



# Intravenous sedation at the dentist *Continued*

They will then place a small plastic tube in the back of your hand. Once complete this will be taped so it stays secure in your hand.



The nurse will place a plaster over the plastic tube.



The nurse will place a small peg on your finger to monitor your heart.



# Intravenous sedation at the dentist *Continued*

The medicine (sedation drugs) will then be placed through the plastic tube in your hand. These will then make you feel more relaxed and comfortable.



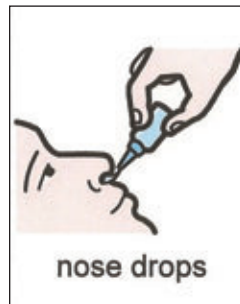
Treatment will start when you are comfortable and very relaxed, as per each instruction sheet.



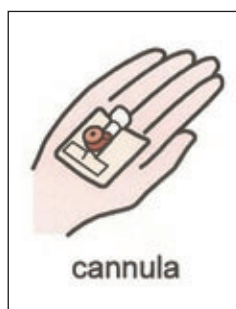
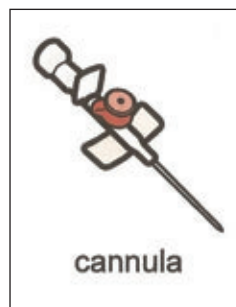
Once all treatment has finished you will be asked to stay in the clinic for about an hour, or until you are more alert and able to go home.

# Intra-nasal sedation at the dentist

The dentist will spray a special medicine up your nose.



Once you are feeling more relaxed the dentist will place the plastic tube in your hand.



Treatment will start when you are comfortable and very relaxed, as per each instruction sheet.

Once all treatment has finished you will be asked to stay in the clinic for about an hour, or until you are more alert and able to go home.

# General anaesthetic for dental treatment

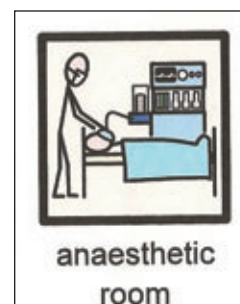
You will go to the local hospital for going to sleep to have your dental treatment.



You will arrive in the waiting room and sit down.

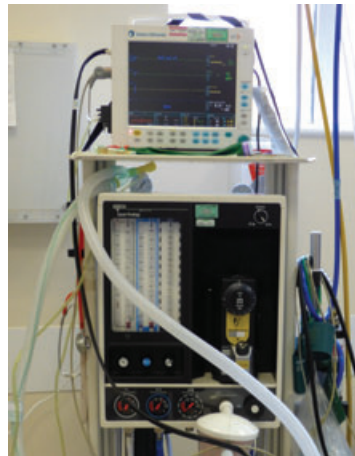


You will then be asked to come into the anaesthetic room.

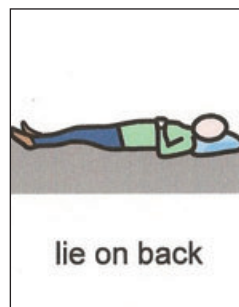


# General anaesthetic for dental treatment *Continued*

You will see this equipment when you enter the room.



You will be asked to sit or lay on the bed/trolley.

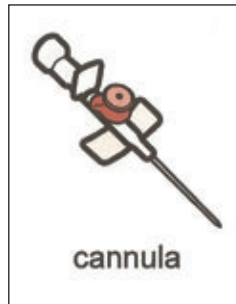


They will then need to look at the veins in your hand, so the nurse will hold your wrist.

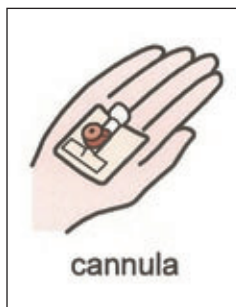


# General anaesthetic for dental treatment *Continued*

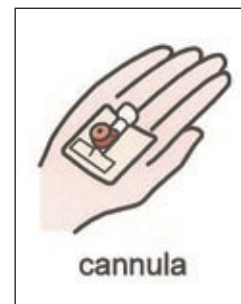
They will then place a small plastic tube in the back of your hand.



The nurse will place a plaster over the plastic tube.



The medicine will then be placed through the plastic tube in your hand.





# General anaesthetic for dental treatment *Continued*

You may choose to go to sleep by having a mask over your nose.



The nurse will place a small peg on your finger to monitor your heart.



Treatment will start when you are comfortable and very relaxed, as per each instruction sheet.

Once all treatment has finished you will be asked to stay in the hospital for about one or two hours, or until you are more alert and able to go home.

# Information about CDS for patient's and carers

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## Who are we?

Community Dental Services is an employee owned social enterprise and Community Interest Company, formed in 2011 delivering clinical dental and Oral Health Promotion services throughout the Eastern region.

We combine a public service ethos with the innovation and dynamism of a business and emerged with a vision and a belief that being a competitive, well-run and profitable business is the best way of achieving social aims. As a social enterprise we are a business that trades for a social purpose.

We have a clear sense of our social mission which is:-

## **'Improving Oral Health in Ever More Communities'**

We know what difference we are trying to make, who we aim to help, & how we plan to do it.

We make our income through delivering dental care and oral health promotion. Our services are predominantly commissioned by NHS England and Local Authorities, to deliver NHS dental care and oral health promotion advice, to a wide range of people across a diverse range of communities.

We also offer some privately paid for dental treatments and have a growing 'Dentist at Home' mobile service, where we offer paid for dental care and home visits, to people who find it difficult to travel or to visit a High Street dentist.

We are a trusted health provider and business partner and are a profit making organisation, but as a social enterprise we have clear rules about what we do with our profits and ensure we reinvest these to further our 'social mission'.

# Information about CDS for patient's and carers *Continued*

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## **Employee Owned - Social Enterprise**

We are an employee owned social enterprise totally owned by our employees and believe that as co-owners all our employees can share in our social mission and influence the business decisions we make. Because we are run in an open way, with employee elected members on our Board, we all have a strong commitment to our shared corporate social responsibility and involvement with the communities we serve.

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## Finding NHS Dental Services

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If you require help finding a dentist please contact:

NHS Helpline: 111

Or on the web: [www.nhs.uk](http://www.nhs.uk)

For further information about this leaflet, please contact:

Community Dental Services CIC

Email: [info@cds-cic.nhs.uk](mailto:info@cds-cic.nhs.uk)

Telephone: 01234 310223

[www.communitydentalservices.co.uk](http://www.communitydentalservices.co.uk)

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## **References:**

Booklet symbols - Widgit symbols © healthcare package

Booklet images - Nicola Blake CDS

# Improving Oral Health in Ever More Communities



**D**elivering - Excellence



**E**ngaging - Everyone



**N**urturing - Each other



**T**rusted - To do the right thing



**A**ccountable - Always



**L**eading - and Learning

## Contact us

If you would like to speak to someone about any aspect of our dental service please contact:

Corporate Services Manager  
Community Dental Services CIC  
Bedford Heights, Manton Lane  
Bedford MK41 7PH

Telephone: 01234 310223 / Email: [info@cds-cic.nhs.uk](mailto:info@cds-cic.nhs.uk)  
[www.communitydentalservices.co.uk](http://www.communitydentalservices.co.uk)

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