

I am going to
Bupa Dental Care



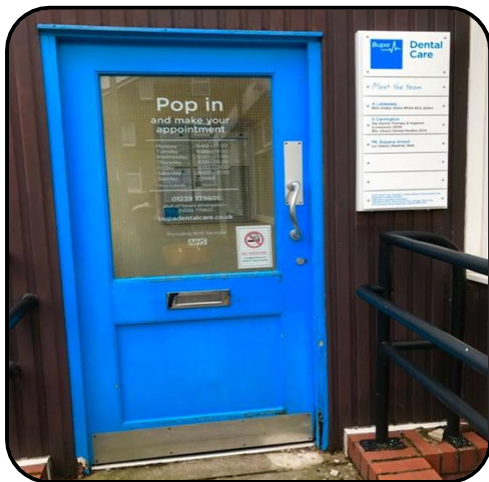
Independent

Before I go:

I will book an appointment over the phone or at the Reception in Bupa Dental Care. The phone number is 01229 779601.

On The Day

I am going to Bupa Dental Care to get a check-up on my teeth.



When I get inside, I will go to the counter and tell the Receptionist my name.



I may have to wait my turn. If I do, I can sit in the waiting area. There may be other people waiting too. This is ok, I can stay calm while I wait.



If I need to use the toilet, there is one in Bupa Dental Care. It is across from the waiting area.



When it is time for my check-up the Dentist will take me to another room.



The Dentist and Dental Staff are very friendly. They wear gloves on their hands to keep the room nice and clean.



The Dentist will ask me to sit on a special chair.

The Dentist's chair moves up and down. This is so the Dentist can see my teeth properly.



The Dentist will turn on a bright light so they can see my teeth.



The Dentist will ask me to wear sunglasses because the light is bright.



If I feel scared or worried I can ask questions or ask to stop for a minute.

The Dentist will ask me to open my mouth. They will count and check my teeth with a small mirror. This doesn't hurt.



When the Dentist is finished I will give the Dental Nurse the sunglasses.



I will pay for my appointment and book my next one at the counter.



I will then walk nicely out of Bupa Dental Care.