

A Trip to Dental Clinic Recall Appointments



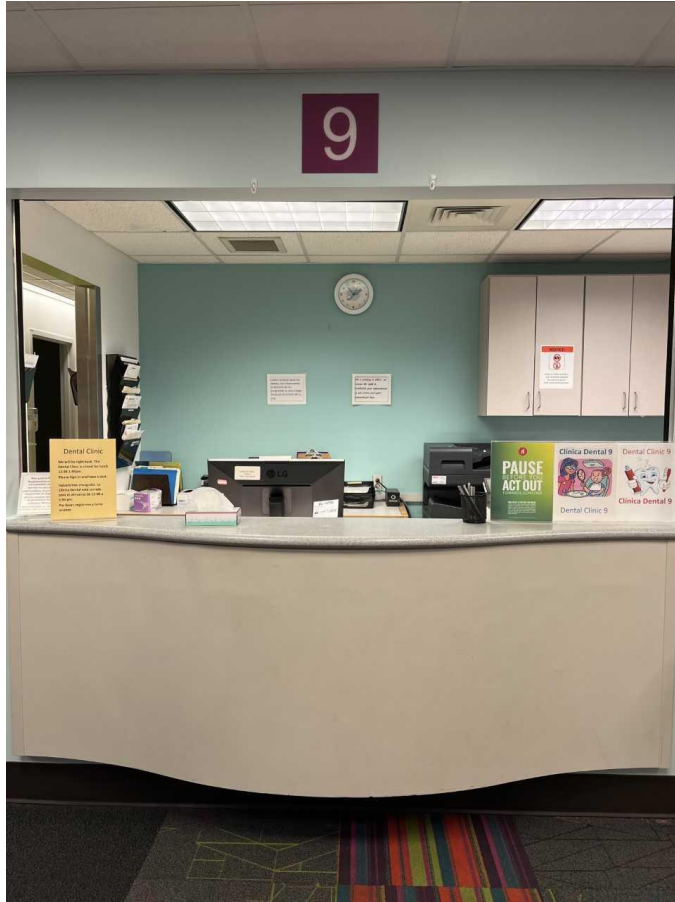
Children's
of Alabama®





I am going to **Dental Clinic** at **Children's of Alabama**.
This story will help teach me about my visit.

Check In



My family and I will stop at this **desk** to check in.



I will get a **wristband** with my name on it.

Waiting Room



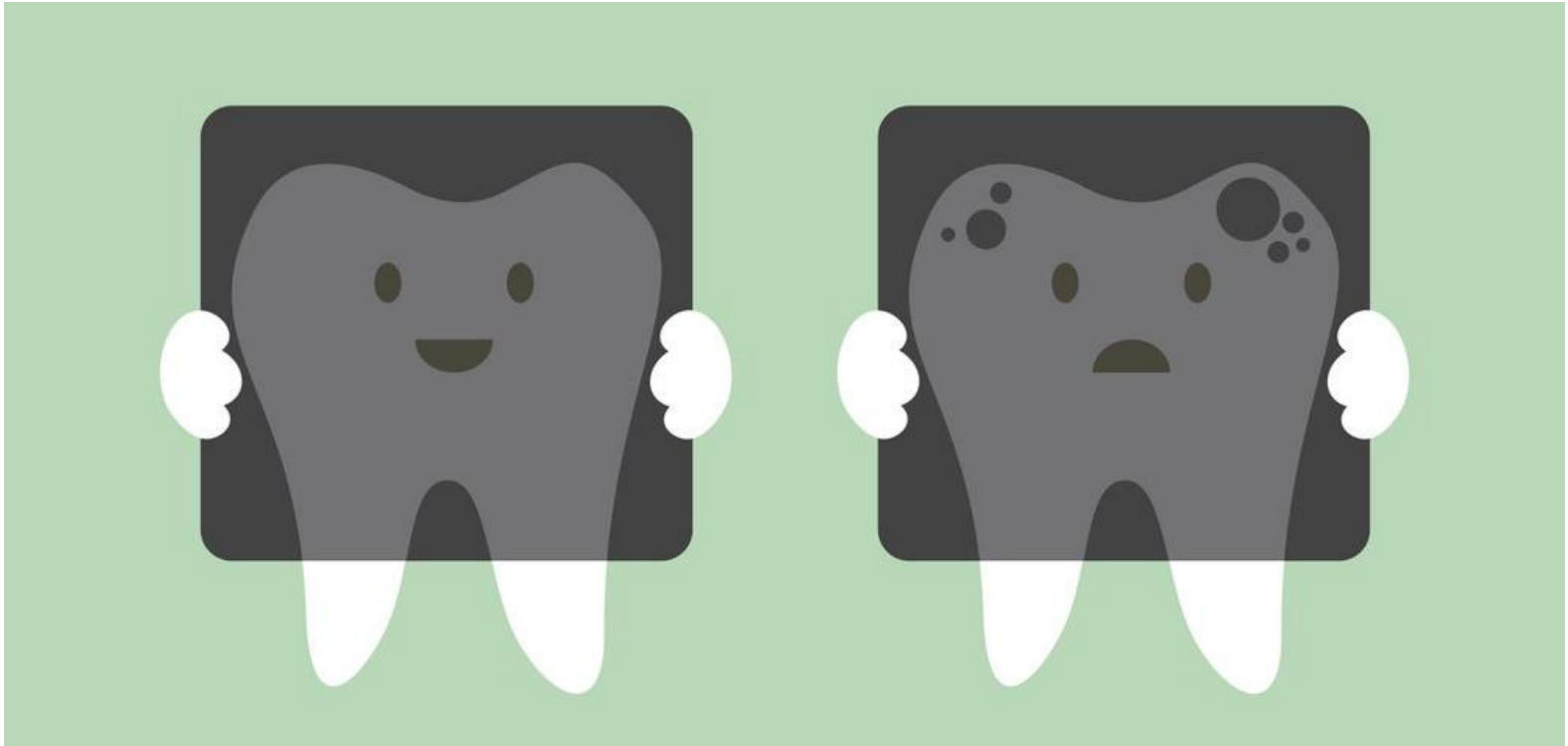
I will sit calmly in the **waiting room** until my name is called.

Walking Back



When my name is called, my family and I will walk through this **door**.
We will walk into the **clinic area**.

X Rays



I may need **X-rays** of my teeth.

X-rays are pictures that help the dentist check how healthy my teeth are.

X-Rays



I will **bite down** on a piece of **paper**.

The person taking my picture will point the X-ray machine at my face.

The machine will make a “**beep**” sound.

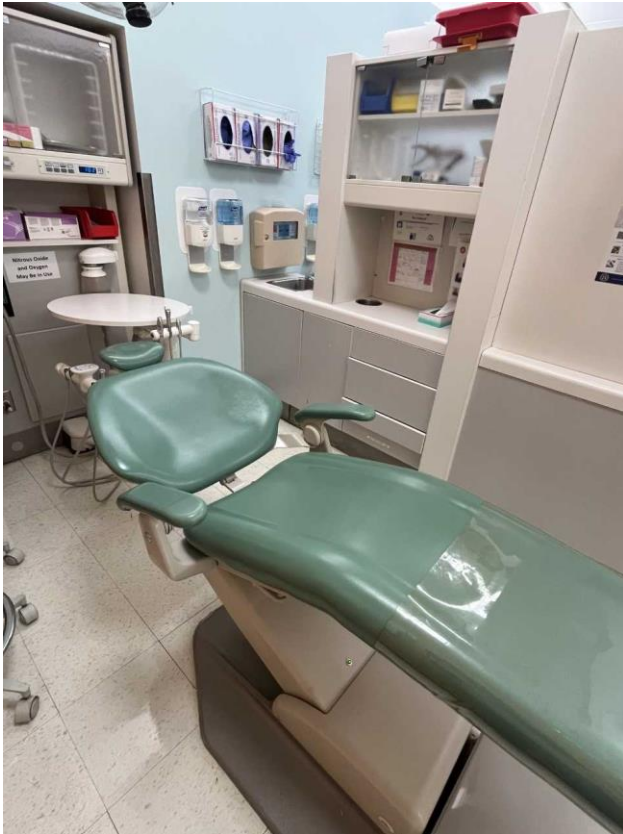
Nothing will touch me.

Weight and Height



Before I sit down, I will stand on a scale to check my **weight** and **height**.

Sitting Down



I will **sit** down in the **chair**.
The chair lays flat like a bed.



The light above my chair may be bright.
I can wear **sunglasses** to help.

“Open Wide”



I will **open** my **mouth** wide.
This helps the dental hygienist see all my teeth.

Cleaning



The dental hygienist will **clean** my teeth.

The toothbrush will make a **buzzing** sound.

I will feel the **vibration** of the toothbrush against my teeth.

I remember my job is to **stay still** and keep my **mouth wide open**.

Rinsing and Vacuuming



The dental hygienist will rinse my mouth with **water**.

The water may feel **cold** in my mouth.



A small tube will help **vacuum** the water out of my mouth.

I can **hear** the water being sucked into the tube.

Flossing



The dental hygienist will **floss** my teeth with a thin string like this.
The floss cleans between my teeth.

Extra Tools



The dental hygienist or dentist may use extra tools to check my teeth.
These tools do not hurt me.

Tooth Vitamins



The dental hygienist will put **tooth vitamins** on my teeth.
Tooth vitamins keep my teeth strong after my cleaning.



All done



Once I am **finished**, I can pick out **stickers**.

It is time to **leave** the clinic.

I am **all done**.

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2025)