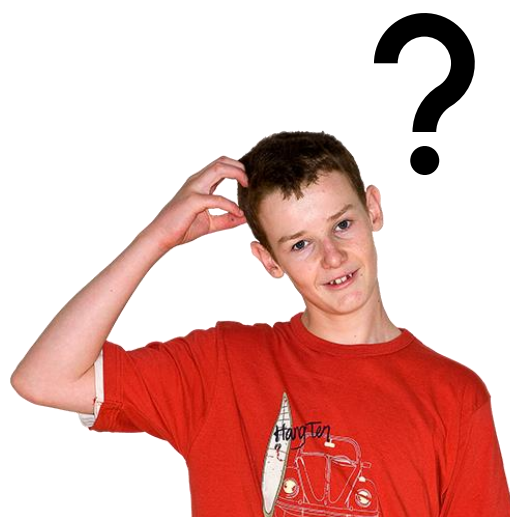




Te Whatu Ora
Health New Zealand

**What hard words may
be used by a dentist?**



This is the Easy Read booklet of the leaflet **Services and treatment information**.

Bee Healthy Regional Dental Service

Easy Read

What is in this booklet?

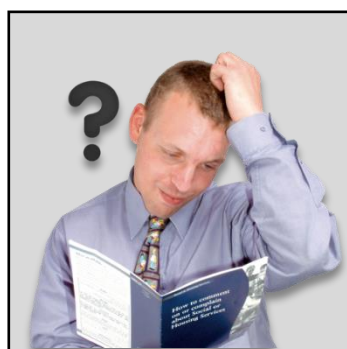
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Before you read this booklet

This is a long booklet.

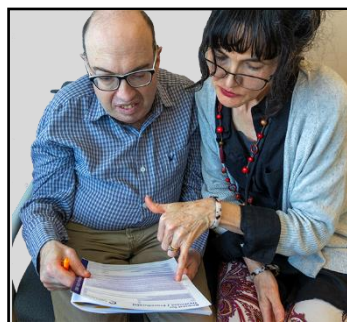
Easy Read

It is written in Easy Read to make the information more clear.



But it can be hard for some people to read a booklet this long.

Some things you can do to make it easier are:



- read a few pages at a time
- have someone to help you understand it.

Some people worry that it will hurt
when they go to the dentist.



The information in this booklet is not
meant to worry anyone.

It is good to understand what a dentist
may do to your teeth.



It can help you feel less worried.

If you are worried after reading this
booklet you can talk about it with:



- family
- friends.

What is this book about?



A **dentist** is like a doctor for your teeth and gums.

You can go to the dentist if:

- you want to check if your teeth and gums are okay
- you want the dentist to help with sore teeth or gums.



In this book you can learn about some of the things a dentist may do.



There is a list of hard words.

This will tell you about some of the ways a dentist can help your teeth.

Why should I go to the dentist?



It is a good idea to go to the dentist every year.

It is so you can get a **check-up**.

If your teeth are not sore you still need a check-up every year.



At a check-up a dentist may do things like:

- look at your teeth and gums for problems they can see
- take an x-ray picture to check your teeth are healthy inside
- talk to you about things you can do that are good for your teeth.



List of hard words about going to the dentist

What are some of the parts of a tooth?



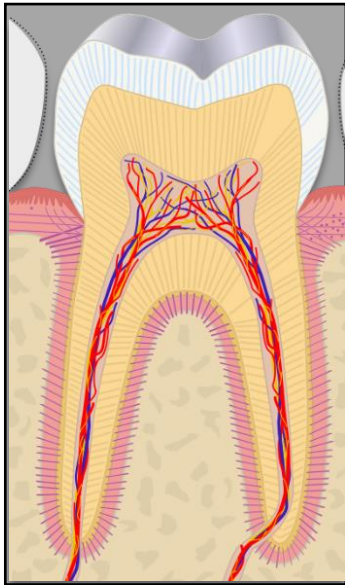
A tooth has different parts.

It is good to know about some parts of a tooth.



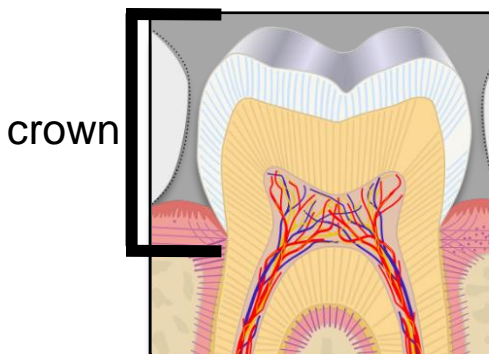
It will help you to understand the hard words in this booklet.

You may need to read about the tooth parts again when you see a new hard word.



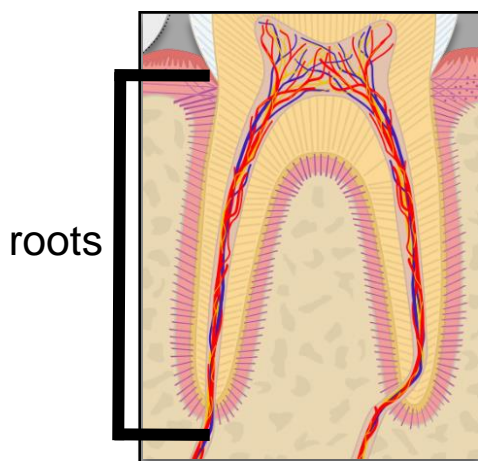
This picture shows you what a tooth is like if you look inside.

You can see some of your tooth when you look in your mouth.



This part is called the **crown**.

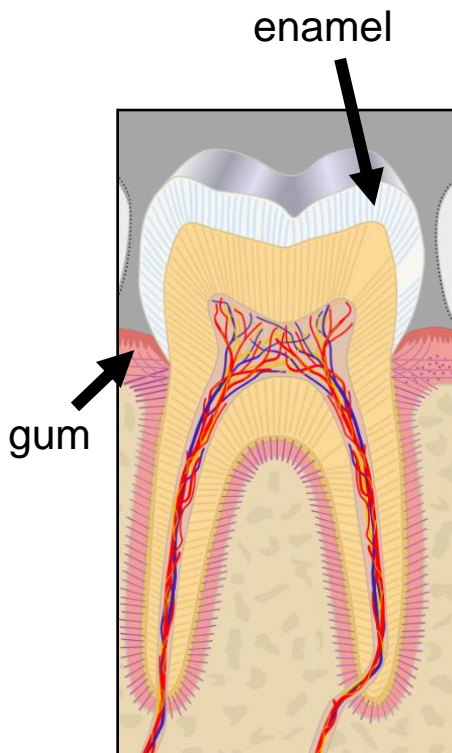
This is the part you clean with a toothbrush.



Part of your tooth is under the gum so you **cannot** see it.

These are called the **roots**.

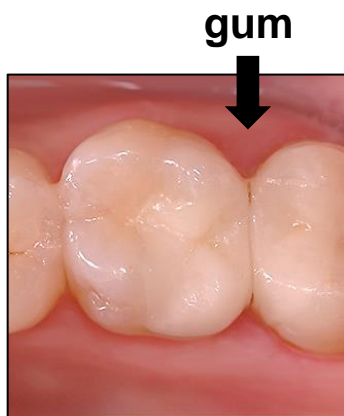
Enamel



Enamel is the part of your tooth that you can see.

It covers the bit of your tooth that sticks out of your gum.

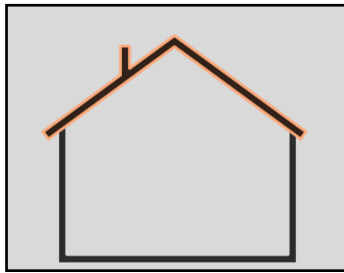
Enamel is hard so it is good for protecting your tooth.



It stops things from hurting the tooth under the enamel.



If there is a hole in the enamel the tooth under it can get sore and weak.



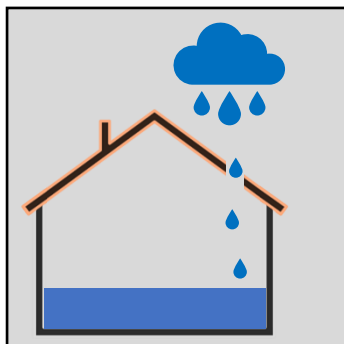
It is like how there is a roof on top of a house.



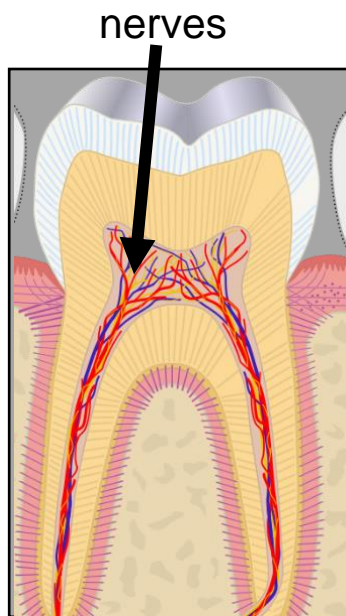
The roof keeps the house safe when there is wind or rain.



But if there is a hole in the roof the rain can come in.



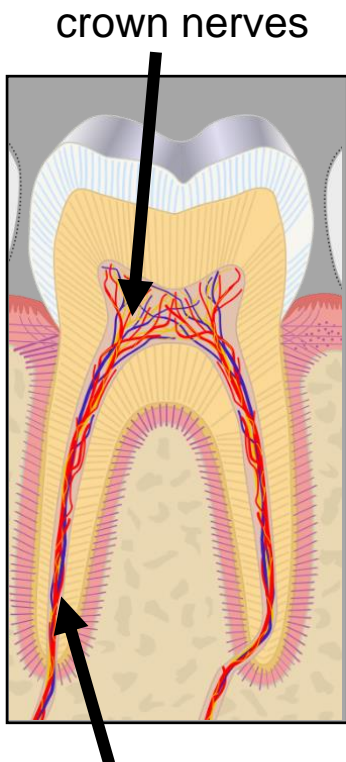
If the rain keeps coming into the house it makes problems.



Nerves

Inside a tooth there are things called nerves.

The nerves are inside your tooth so you cannot see them.



Some of the nerves are in the crown of your tooth above the gum.

Some of the nerves are deep in your tooth in the roots.

All the nerves are joined up.

A nerve is what lets you feel things in your tooth like:



- a hot drink
- cold food
- pain if you fall over and bump your teeth.

What problems can my teeth and gums have?

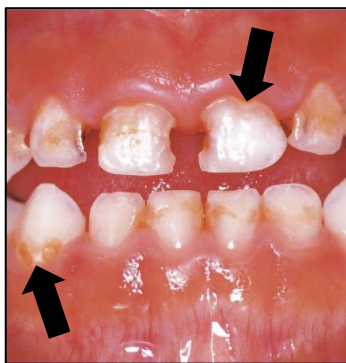
Decay



Some food and drink have things in them that are not good for your teeth like sugar.

These things can make a hole in your tooth enamel.

The tooth under the enamel can get sore and weak.



This is called **tooth decay**.

It is important to look after your teeth so you do **not** get tooth decay.



One way to look after your teeth is to brush your teeth 2 times a day.



When you brush your teeth you clean off things like sugar.



This helps to keep the enamel strong so it can protect your teeth.

There are other Easy Read booklets that tell you more about how to look after your teeth.



The other Easy Read booklets are about how to look after teeth for:

- babies who are less than 6 months old
- kids who are older than 6 months and less than
- teenagers who go to high school
- people who have a baby growing inside them.

You can find the booklets on the Bee Healthy website.



Go to this website link to find them:

<https://www.beehealthy.org.nz/resources>

Scroll down the webpage and look for things that say **Easy Read**.

Cavity

A cavity is a hole in your tooth.



It happens because the tooth has decay in it.

The decay makes the tooth weak so you get a hole.

The hole in your tooth may be small.

But a dentist needs to help you so the hole does not get bigger.



Your tooth can get very sore if you do not get help from a dentist.

Infection

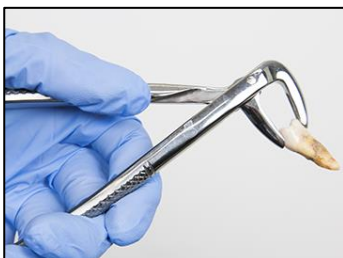
An infection in your tooth means there are bad germs in your tooth.



An infection makes your teeth and gums feel sore.

The dentist will give you medicine to make the infection go away.

The dentist may need to fix your tooth in other ways too.



If the infection is very bad the dentist may need to take out the tooth.

How will the dentist check my teeth?

Examination



An examination is when the dentist looks inside your mouth.

They check your teeth and gums.



The dentist has a little mirror on a stick they use to see your teeth better.

The dentist is looking for problems they need to fix.



At the end they will tell you what they saw in the examination.

They will tell you if there are any problems that they need to fix.



It is better to fix a little problem so it does not get more sore.

X-ray



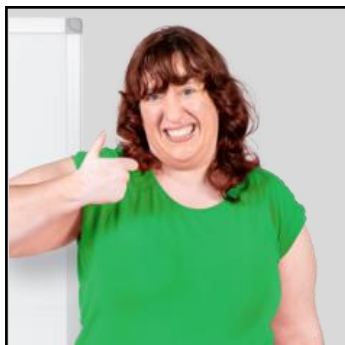
An x-ray is a picture the dentist takes of your teeth.

It is not like taking a photo on your phone.

It is a picture that looks inside your teeth and gums.



The x-ray helps the dentist to check your teeth.



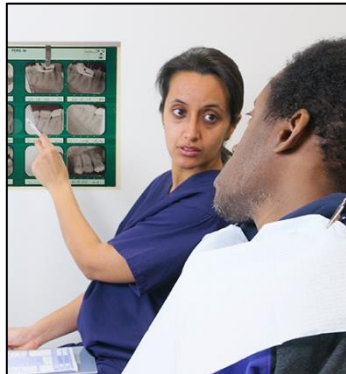
An x-ray will not hurt.

The dentist will put a small, flat piece of x-ray plastic in your mouth.



Then they will take some pictures using an x-ray machine.

They can see the pictures on their computer.



They will tell you what they can see in the pictures.

The pictures help the dentist see any tooth problems they need to fix.

How will the dentist help my teeth?

Fluoride



Fluoride is something that helps to make your teeth strong.

A place you can find fluoride is in some kinds of toothpaste.



It is best to use toothpaste that has fluoride in it.

A dentist may also use a different fluoride paste.

It is like a cream that has a lot of fluoride in it.

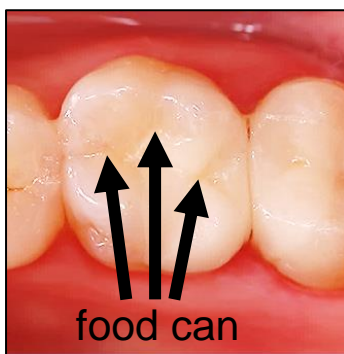
The dentist may put it on your teeth to make them strong.

Fissure sealant



This is something that a dentist may put on your back teeth.

Your back teeth have a very bumpy shape.



food can
get stuck

Tiny bits of food can get stuck in the bumpy bits.

Your toothbrush cannot clean all the bumpy bits.

The fissure sealant makes the back teeth a bit less bumpy.

If the teeth are less bumpy then they are more easy to clean.



It helps the back teeth not to get sore.

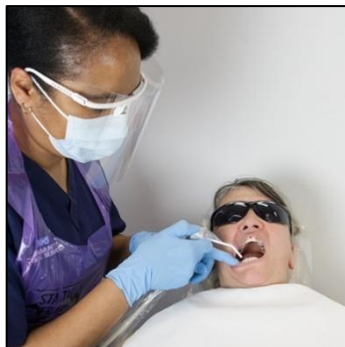
Filling

If you have a hole in your tooth you need the dentist to fix it.



If you do not go to the dentist the hole can get big and very sore.

To fix a hole a dentist will use something called a filling.



First the dentist will clean out the hole in your tooth.

Then they will fill the hole with something so the hole does not get big.

The filling can be white or silver.



Sometimes the white filling will work better.



Sometimes the silver filling will work better.

The dentist will tell you which is best.

They will decide because of:

- how old the person is
- if the child is very nervous
- how big the tooth is
- where the tooth is in the mouth.

Local anaesthetic injection

This is medicine that the dentist uses.

It makes your tooth and gum feel nothing.

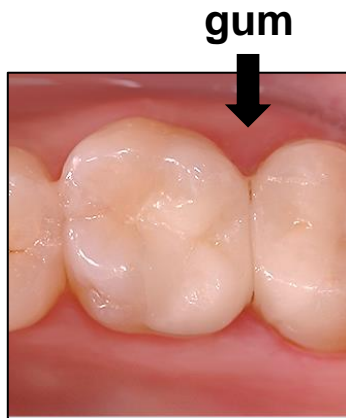
When you feel nothing like that people say your tooth and gum are **numb**.



A dentist will use this medicine before they fix your tooth.



It is so you do not feel pain when they fix your tooth.



The dentist uses a needle to put the medicine in your gum.

It is a very small needle.

This is called an **injection**.



The injection may hurt a little bit.

But it is only sore for 2 or 3 seconds.

After the injection you will not feel pain in your tooth.



When the dentist has fixed your tooth you will feel nothing for a little while.

You will start to feel things in your tooth and gum again soon.

This is because the medicine has run out.

Stainless Steel Crown

Sometimes the baby teeth at the back need help to be strong.

This could be because:

- there is decay in the tooth
- the tooth is weak.



The dentist puts a metal cover on the back tooth that needs help.

The cover is the same shape as your tooth.



It is like when you put a bike helmet on your head to keep it safe.

The metal cover is called a **crown**.

The crown is made from metal called **stainless steel**.

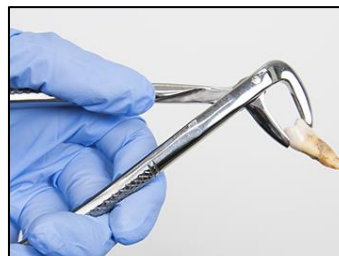
Stainless steel is a good metal to use because it:

- is strong
- will last for a long time
- is easy to clean.



When a child grows up their baby teeth fall out.

When the baby tooth falls out the crown falls out too.



An extraction is when a dentist needs to take a whole tooth out of your mouth.

The dentist needs to do this because there is a big problem with the tooth.

The dentist will only take the tooth out if they cannot fix it.

If they leave the tooth in your mouth with a big problem it will get very sore.



They will give you an injection with some medicine first.

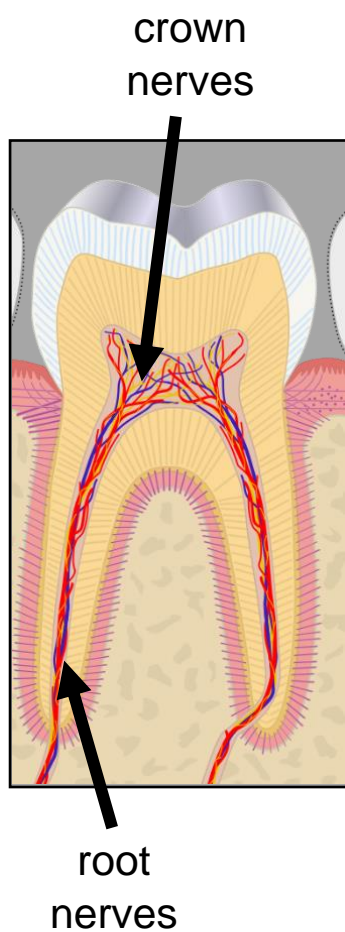
This is so you do not feel pain when they take the tooth out.

Extraction



If you have a bad infection in your tooth it can go into the nerves.

An infection in the nerves is very sore.



Sometimes the infection will go all the way into the nerves in the roots.

Sometimes the infection is only in the nerves in the crown.

If the infection is only in the crown nerves the dentist can do something called a **pulpotomy**.

Pulpotomy

This means the dentist needs to take out the nerves in the crown.

This is different from an **extraction**.

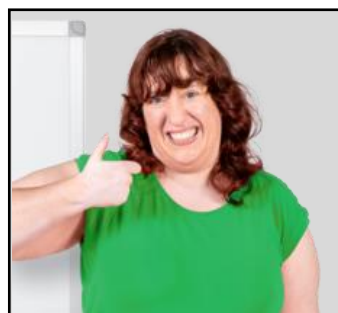


The dentist will not take out the whole tooth.

They leave the part of the tooth you can see.



When the nerves are gone the dentist will put medicine inside your tooth.



This is to make the infection go away
so it is not sore.

Then the dentist puts a metal cover
over the crown to make it strong.

It is a bit like a **stainless steel crown**.



But it is made of a metal called silver.

There is information about stainless
steel crowns on page 28 and page 29.