Need to go to the dentist? Here are some tips for taking care of your teeth during a pandemic.

→ When should I go to the dentist?
   Emergencies: If you have dental pain, a cavity or another oral health issue, call your dentist. The health of your mouth, teeth and gums is important to maintaining overall physical health.
   Prevention: If Covid-19 cases are surging in your area, you may want to delay routine care like teeth cleanings.

→ Rubber dams. Your dentist may use a square sheet of latex to isolate a tooth and reduce spray from your mouth.

→ Faster appointments. Expect an all-business visit to get you in and out of the office quickly.

→ Anything else I should know?
   The dentist and staff are at the highest risk of exposure during procedures. Wearing a mask and waiting outdoors will lower your risk.

→ Going to the dentist.
   Dentists recommend that you go for a check-up at least twice a year. At the same time as you see the dentist, you can also make an appointment with the dental hygienist who will clean and polish your teeth for you. The dentist checks that your teeth are in good condition. If you have a hole, or a cavity, you may need a filling, which is a small amount of porcelain that the dentist uses to fill the hole. Many adults have one or more fillings – often in their back teeth or molars. You may have more serious problems with your teeth and occasionally the dentist will need to t

→ Going to the dentist can bring up all sorts of feelings for children. In this book, children will relate to the character’s fear about her very first dentist appointment. As she proceeds, step-by-step, through the appointment, her fears dissipate, and her readers can also experience new confidence. Photographs support the text. Simple sentences and a topic near a child’s heart will make this book a success in the classroom. Book Resources. Single-Sided Book PDF. I LOVE going to the dentist! The dentist is a doctor for your teeth. In this English vocabulary lesson, you’ll learn lots of words that you will hear at the dentist’s office. I’ll teach you the words for different parts of your mouth, problems you can have with them, and some of the tools the dentist will use to fix them! Don’t forget to brush your quiz and to take the teeth. Oops, I mean brush your teeth and take the quiz. Is it safe to go to the dentist?
   Patient safety has always been a guiding factor in dental practices. Dentists are following guidelines from the CDC and the American Dental Association, as well as state regulations. If you have to have an emergency procedure, or later when dentists reopen, you may notice some changes designed to keep you safe. A broken tooth or crown. Signs of infection, such as swelling and pain. On a case-by-case basis, your dentist will be able to address the specific concern and provide instructions. If you do not have a dentist, you can call the dental services team at UM Rehabilitation & Orthopaedic Institute at 410-448-6290. If you suspect that a nonverbal family member is experiencing dental pain, call the dentist who normally sees this family member.