



# Getting a Dental Filling



This social story is about getting a dental filling at the dentist.



I need a dental filling when my tooth has a cavity or sugar spot that has caused a small hole. The filling will help make my tooth strong and healthy!





First, I will sit in a big chair that can recline.



The dentist will use a special light to see inside my mouth. It might be bright. If I want to, I can wear a pair of sunglasses!



Then, a dentist will use a tool inside my mouth to help make it feel better during the procedure. This might hurt, but only for a minute. If I feel nervous I can:

- Think of something that makes me happy
- Listen to my favorite song
- Ask someone to hold my hand
- Close my eyes
- Remember that I'm staying strong and healthy



One of the tools the dentist might use helps to suck up my spit. It kind of sounds like a vacuum cleaner.



The dentist might need to use a tooth pillow and some cotton rolls inside my mouth to keep my mouth open.  
These do not hurt.





The dentist will then use a special toothbrush with water to clean inside of my tooth! The tool might sound like a shower.



The dentist will then add a “filling” to my teeth, to make sure that the inside of my tooth stays clean and safe! This should not hurt...if it does, I can tap my dentists arm.



The dentist might need to polish my new healthy tooth  
with a special toothbrush.



I did a great job learning about getting a dental filling!  
It will be important for me to continue brushing and  
flossing my teeth to keep them healthy!

