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# Aloha

## PEDIATRIC DENTISTRY

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## HOW TO PREPARE YOUR CHILD FOR A FILLING VISIT

### How to Prepare Your Child for a Filling Visit

We schedule filling appointments in the morning because it's been our experience that children do best with fillings earlier in the day when they're fresh and rested. Before starting any procedure, **the staff and doctors will show and explain every step** of the procedure to your child. This will include demonstrating the tools and showing materials to your child using gentle, non-scary language.

It is usually best not go into great detail when you tell your young child he/she is returning for a filling. For example, you can simply tell them they have a small hole in their tooth and that the doctor will be using a special brush to clean the hole out and will then fill it back up.

**Please do not tell your child they are getting a "shot."** Shots can hurt at the pediatrician's office and using this word can unnecessarily make them fear a dental injection. We prefer to call it "sleepy water" or "sleepy juice." Most children tolerate local anesthetic very well and usually don't even know they received an injection, especially when they are calm and relaxed.

Studies have shown that children sense their parents' anxiety about their own past dental experiences and this directly impacts their apprehension level and ability to tolerate treatment. **Please do your best to be positive and reassuring without relaying anxiety.**

Try not to use words that alarm your child or make them wonder if something is wrong during treatment. Examples include: "Does it hurt?" or "I'm sorry." Suggested alternatives are: "Good job," "You are a great helper," and "I am so proud of you."

**Continue positive reinforcement after the dental visit.** This makes your child feel good about herself/himself and encourages positive future visits.

Our experience is that it's best when we focus all our attention on the patient, so if possible please make other arrangements for siblings. If this isn't feasible, we recommend the parent stay in the waiting room with the siblings rather than bring them into the treatment room.

If you have **any questions regarding the procedure**, please contact us before the day of the appointment so that we may devote the entire appointment time to your child's treatment.

The doctor may recommend ibuprofen or Tylenol after a filling to prevent any potential discomfort after the procedure. Please try to bring this with you to the appointment. We also advise only soft foods such as soup, yogurt, or fruit smoothies after treatment. If you're taking your child directly to school or child-care after their appointment, we suggest packing soft foods for snacks or lunch.

Please be assured that the doctors and staff at Aloha will do everything we can to make your child's visit positive. Parents are often pleasantly surprised by how well their children do at our office!

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