












Clinic Hours: 9am – 5pm Monday - Friday

**Please note some clinics are not open every day.*

Dental Department Waterside Health Centre Tel 028 71321705	
Great James Street Health Centre Tel 028 71378505	
Waterside Hospital Tel 028 71864334	
Limavady Health Centre Tel 028 77761152	
Strabane Health Centre Tel 028 71384107	
Omagh Hospital & PCC Tel 028 82835559	
Carrickmore Health Centre Tel 028 80761242	
Health Clinic Castledearg Tel 028 81672986	
Dental Department, South West Acute Hospital Tel 028 66382131	 
Lisnaskea Health Centre, Tel 028 67721566	
Belleek Health Centre Tel 028 68658382	

*Compiled jointly by the
Community Dental Service and ASD Service
Western Health & Social Care Trust*



Western Health
and Social Care Trust

OPEN WIDE



VISITING THE DENTIST



A visit to the dentist can be a stressful experience for a child with additional needs due to issues with communication and sensation. Careful planning and preparation can help to make this experience less stressful. The following information may help you prepare your child for their dental visit.

- If a pre-visit questionnaire is provided please complete this as fully as possible and give to the dentist before your appointment. It will help the dentist to understand the needs of your child.
- Use a social story and read this daily with your child leading up to the appointment. This will help your child to understand what is going to happen and help reduce their worries and anxieties. The Trust has also produced a video 'Open Wide: A Child's First Visit To The Dentist' which may be useful. These can be accessed via the link on WHSCT website under Community Dental Service.
- Let staff know if there is any other information which you feel is important for them to know e.g. if there is a time of day that is better for your child, if they cannot cope with having to wait, etc.
- Allow your child to bring a favourite item/ toy which could act as a distraction as well as helping them to feel more relaxed.



- Your child will have to wear glasses to protect their eyes from the lights. If you think this could be difficult you could bring their own sunglasses.
- Getting your child to do an activity that provides deep pressure before going to the dentist can help to calm them in preparation. This could include going for a ride on their bike, bouncing on the trampoline or going to the playpark for about 15-20 minutes before going to your appointment.
- Have your child wear "close-fitting" clothing or a body suit underneath their clothes for some even deep pressure
- It is important to stay calm and trust your dentist. Children can often sense anxiety in their parents which can result in them feeling more anxious.
- Ensure regular attendance at the dentist.
- Most children attend their family dentist for regular visits. If your child requires specialist input they can be referred to the nearest Community Dental Service clinic who specialise in treating those with Special Needs – talk to your Therapist/Paediatrician re referral.
- If you require further support with your child's oral health please contact your local Community Dental team overleaf.

