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# At the Dentist's Office

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Have you ever found yourself mouth open, under bright lights, and then possibly leaving with a free toothbrush? Chances are, you have been at the dentist's office. Dentists are special doctors. They attend school for many years to learn about teeth and gums. The dentist then passes this knowledge on to you. At your appointment, you learn how to keep your teeth and gums healthy and strong.

The American Academy of Pediatric Dentistry recommends young people like yourself visit a dentist at least twice a year. What happens at these dental visits? First, your teeth are carefully cleaned. Then, they are checked for cavities. Cavities are holes that appear in unhealthy teeth. Next, the dentist gives you fluoride, which helps prevent cavities. You learn the right way to brush, and you are also reminded to floss between your teeth. The dentist might even suggest extra care or a new diet to keep your teeth healthy.

Pay attention to what your dentist tells you. Your smile will thank you for it!