

**LOOKING AFTER
MY
DENTAL HEALTH**



Chemist



LATER THAT DAY...

SUPPORT CENTRE

A black and white line drawing of a young woman with short dark hair, wearing a puffy jacket and jeans, running towards the entrance of a building. The building has a sign that says 'SUPPORT CENTRE' above the door. The woman has a determined expression and is looking back over her shoulder.

AWRIGHT
MORAG, YOU'RE
LOOKING WELL.

A black and white line drawing of a man and a woman in conversation. The man, on the left, has a beard and is wearing a jacket. The woman, on the right, is wearing a puffy jacket. They are both smiling and looking at each other. The background is a simple sketch of a wall.

AYE, AH'VE
BEEN GOING TO
THE SUPPORT
CENTRE.

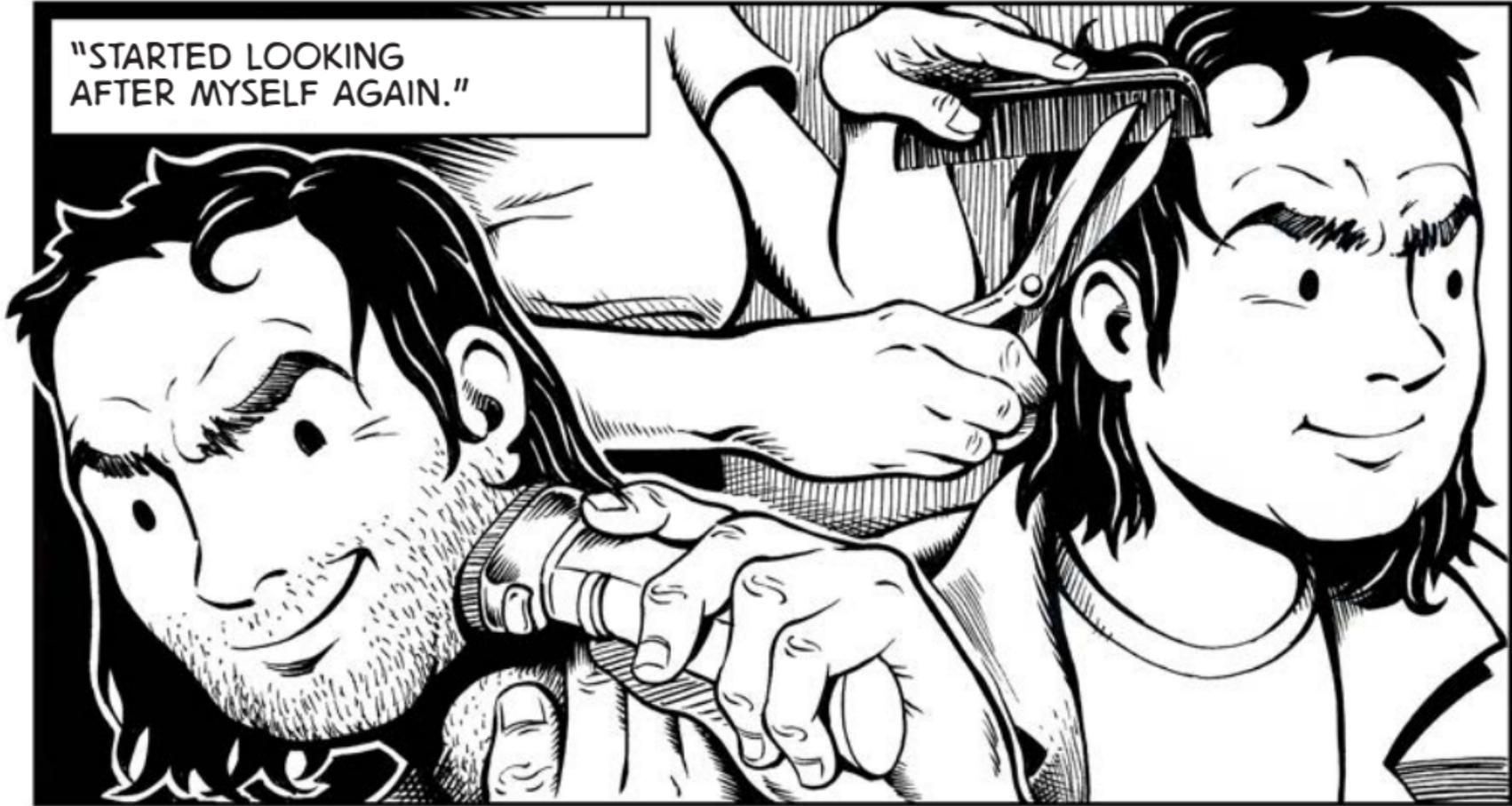


THEY CAN
REALLY HELP YOU
OUT. AH'VE EVEN BEEN
GETTIN' HELP WITH
MY TEETH.



WELL, AH'M
ON METHADONE
NOW AND STARTING
TO GET MYSELF
TOGETHER.

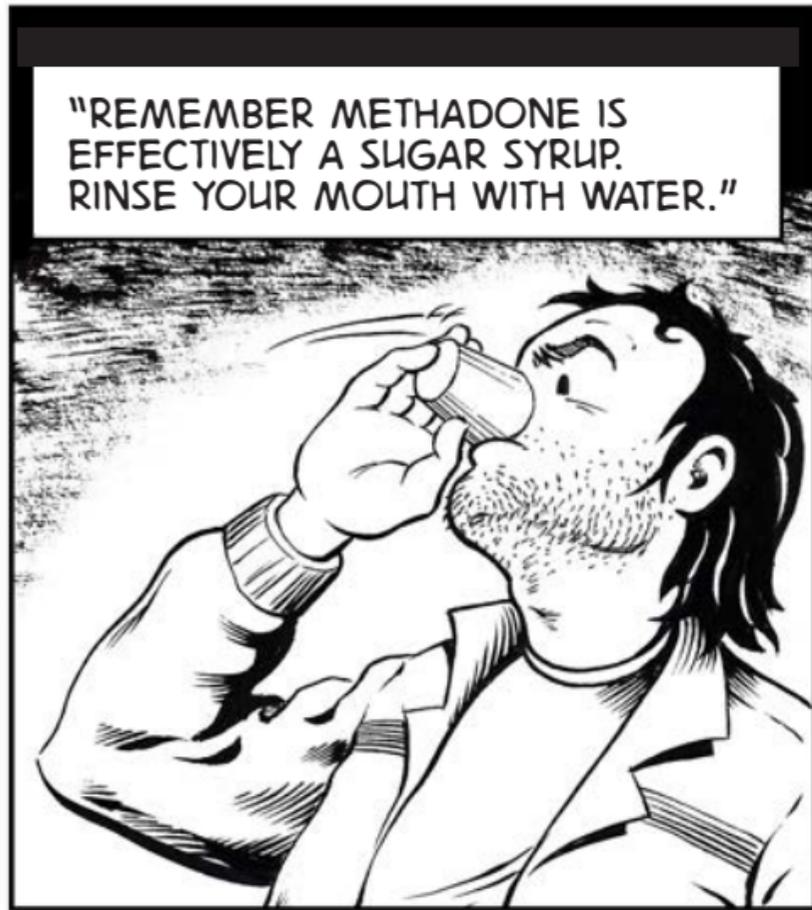
"STARTED LOOKING
AFTER MYSELF AGAIN."



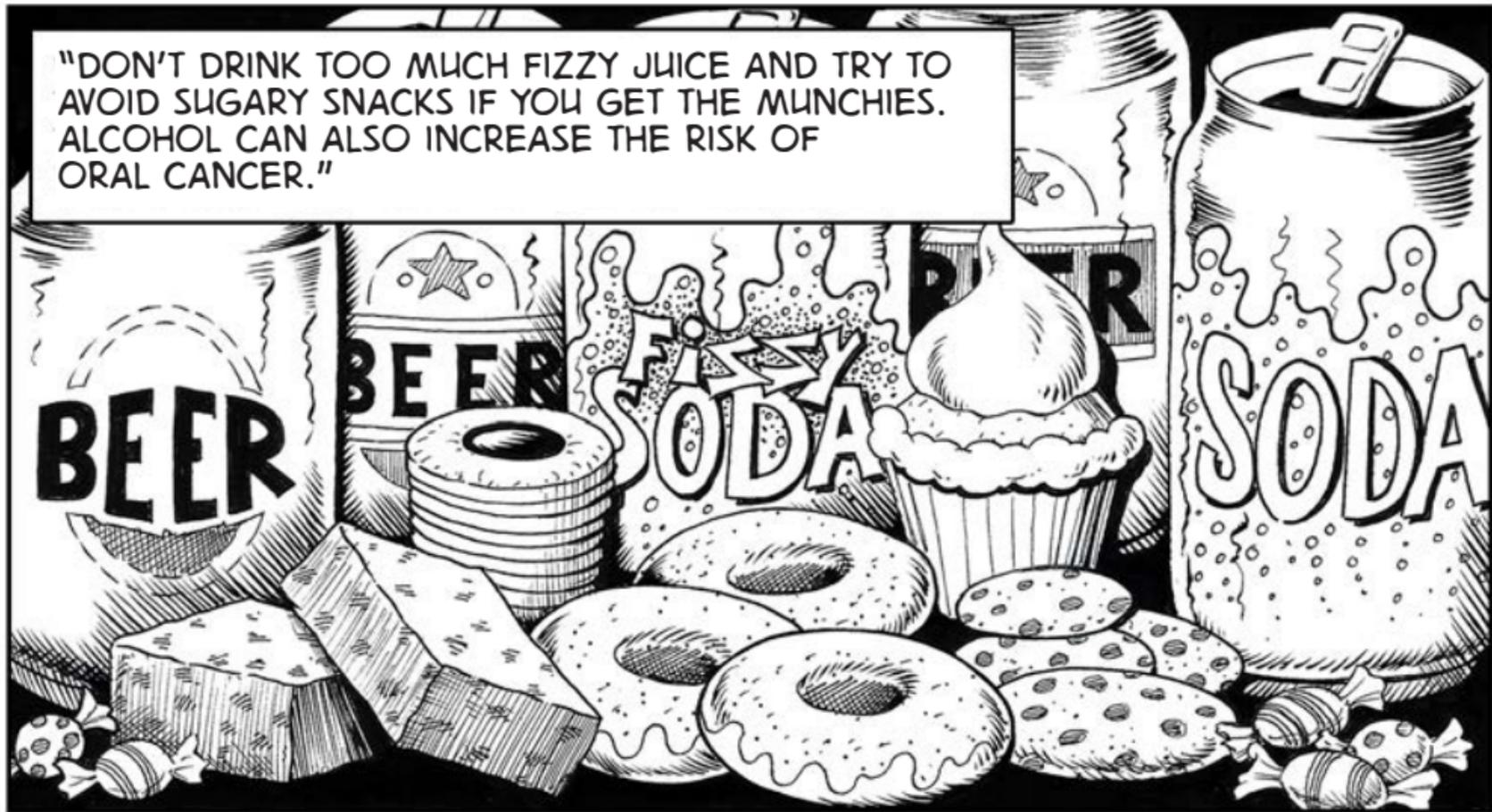








"DON'T DRINK TOO MUCH FIZZY JUICE AND TRY TO AVOID SUGARY SNACKS IF YOU GET THE MUNCHIES. ALCOHOL CAN ALSO INCREASE THE RISK OF ORAL CANCER."



Dental Anxiety Questionnaire

Lots of people worry about going to the dentist. You can pull out this questionnaire, take it with you to your appointment and give it to the dentist.

CAN YOU TELL US HOW ANXIOUS YOU GET, IF AT ALL, WITH YOUR DENTAL VISIT?

PLEASE INDICATE BY INSERTING 'X' IN THE APPROPRIATE BOX

1. If you went to your Dentist for TREATMENT TOMORROW, how would you feel?

Not Anxious Slightly Anxious Fairly Anxious Very Anxious Extremely Anxious

2. If you were sitting in the WAITING ROOM (waiting for treatment),
how would you feel?

Not Anxious Slightly Anxious Fairly Anxious Very Anxious Extremely Anxious

3. If you were about to have a TOOTH DRILLED, how would you feel?

Not Anxious Slightly Anxious Fairly Anxious Very Anxious Extremely Anxious

4. If you were about to have your TEETH SCALED AND POLISHED, how would you feel?

Not Anxious Slightly Anxious Fairly Anxious Very Anxious Extremely Anxious

5. If you were about to have a LOCAL ANAESTHETIC INJECTION in your gum, above an upper back tooth, how would you feel?

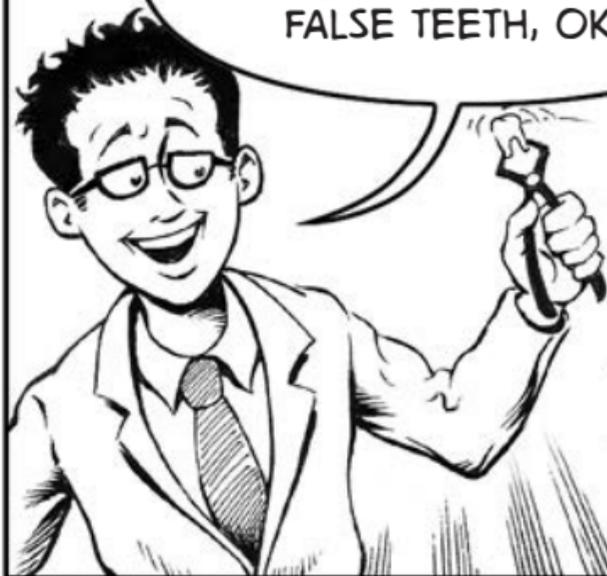
Not Anxious Slightly Anxious Fairly Anxious Very Anxious Extremely Anxious





A WEEK LATER.

SO NEXT TIME
WE WILL BEGIN TAKING
IMPRESSIONS FOR
MOULDS TO MAKE YOUR
FALSE TEETH, OK?



WE WILL NEED TO
TAKE A FEW MORE
IMPRESSIONS.



"REMEMBER THIS IS A PROCESS,
IT IS NOT A QUICK FIX."



BRAW, YOU'VE
EVEN MATCHED
THE COLOUR.





"AND NOW I CAN SMILE BACK TO PEOPLE. IT
MAKES A HUGE DIFFERENCE TO MY CONFIDENCE!"



Finding a new dentist:

You can use the **NHS Inform** website www.nhsinform.scot or call and ask for help locating a dentist on **0800 22 44 88**

Dental Emergencies:

If you have a dental emergency during the day and you are registered with a dentist, you should contact your dentist directly. If you are not registered you can call **NHS Inform** on **0800 22 44 88** and ask for details of your local dental advice line. The dental advice line will be able to help you to get treatment. Outside of normal working hours you should call **NHS 24** on **111**.

Good oral health contributes to good general health!

There are three key things to maintain good oral health: **toothbrushing**, a **low sugar diet** and **going to see the dentist** as often as they advise.

- Brush your teeth twice daily with a fluoride toothpaste.
- Reduce intake of sugary foods and drinks. If you have them, keep them to meal times.
- Smoking damages teeth, gums and other parts of your mouth. It can cause mouth cancer. Get help to stop.

This comic was co-designed and co-produced through collaboration with **University of Dundee**, **NHS Fife** and **Scottish Drugs Forum (SDF)**. Funding was provided by the Corra Foundation. With special thanks to the SDF Dundee Peer Research group for informing the design and sharing their oral health related experience.

Also available:



For more information on the project go to *Smile4Life, Scotland* or the *Scottish Centre for Comics Studies'* websites.
