**Home Dental Desensitization Kits**

**Note: patient = new person to the dental environment operator=dentist, dental hygienist, dental assistant**

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| **Kit item** | **Purpose** | **How to use** |
| **Dark Glasses** | **Safety for the patient during care** | **Patient can use either dark glasses or clear..dark can be helpful for light** |
| **Safety glasses (clear)** | **Safety for the operator during care** | **Patient can wear dark glasses or clear so both included in the kit. Operator will wear clear** |
| **Flashlight** | **Mimics the dental light used to light up dark areas of the mouth so it is easier for the operator to see** | **Care giver can help the patient get used to light shining in the mouth beginning with light on tummy, then chin, lips and mouth. The light is bright in dental offices so flashlight is quite bright to mimic light used** |
| **Bib clip** | **Holds bib in place** | **To help patient feels what it like to have the bib over the clothing and the bib chain on the back of the neck** |
| **Bib** | **Keeps clothing clean** | **Bib over clothing..also helps patient know when care will begin** |
| **Masks (blue)** | **Protects operator and client from microbial transfer** | **Hides the face of the operator. Patient can still hear the operator but cannot see their mouths. Note: if hearing is a concern and lip reading is needed, the operator will remove the mask** |
| **Masks (purple)** | **Protects operator and client from microbial transfer** | **Two colours provided so that patient can see that the mask may be different colours** |
| **Gloves (blue and purple)** | **Protects operator and client from microbial transfer** | **Nitrile gloves included. Important for the patient to learn the taste of the glove.** |
| **Saliva ejector** | **Removes saliva/water from the patient’s mouth** | **Used as a straw to remove water/salive..instructions are to “kiss the straw” closing the mouth and then the saliva ejector is placed to the lips.** |
| **Dixie cups** | **Practice spitting into a cup** | **Useful so that the patient knows they can spit into the cup to practice spitting to remove any unpleasant taste** |
| **Q tips long handles** | **Tooth counters** | **Used to count fingers** |
| **Silicone wrapped dental mirror** | **Allows operator to see into the back of the mouth** | **Care giver can use the mirror on the cheek, and in the mouth to see the teeth** |
| **Gauze** | **Holds the tongue to increase visibility** | **Gauze is used in the mouth to hold slippery surfaces such as the lips and tongue. The tongue is pulled out of the mouth slightly so that the operator can see the back of the mouth better** |
| **Mouthwash (mint)** | **Used to decrease bacteria in the mouth** | **Patients may be asked to rinse with mouthwash to decrease the number of bacteria in the mouth.  this can be a goal as is non critical** |
| **Xrays with tabs** | **Used to take dental xrays** | **Three sizes of films to place beside the teeth as the handout demonstrates. These are the same size as dental films** |
| **Toothbrush** | **Used to remove dental plaque and food from the mouth**  **Note: many patients prefer an electric brush. These are very effective for patients and are recommended in many cases** | **The operator holds the toothbrush with gloved hands to get the patients used to another person touching the teeth and gums** |
| **Interdental brush** | **Cleans in between the teeth** | **The operator holds the toothbrush with gloved hands to get the patients used to another person touching the teeth and gums** |
| **Waxed dental floss** | **Cleans in between the teeth** | **The operator holds the toothbrush with gloved hands to get the patients used to another person touching the teeth and gums** |
| **Stop** | **A red card or signal** | **It is important that every patient have a stop signal. If you/your patient has a stop signal already it is important to know that this can be used to stop the clinician from proceeding during treatment** |

**Not included in kit but recommended for use at home for desensitization**

**Have the patient lie down on a bed or in a reclining chair. Pillow can be used on a bed to model a reclincer..You can begin with multiple pillows used behind the patient and then gradually pillows can be removed until the patient gets used to lying down. The care giver will approach the patient from behind wrapping the hands around the patient. This models how the operator will approach the patient ☺**

**Dental exams can be performed in a seating position. If the patient finds lying back stressful, work on the other aspects of desensitization.**

**Things to practice:**

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| **Hands on tummy** | **This is for patient and care giver safety..Hands are crossed and rest on the tummy. It is a good idea that the “stop” signal be placed in one hand.** | **See the home project with pictures** |