



# Jonah's BabyTeeth Visit

eBook Edition

A Pictorial Guide For Your Child's First Dental Visit - by Payman Pirnazar, D.D.S., M.S.

## About this book...

This book is a pictorial guide, composed of photographs and descriptions, designed as an educational tool to help familiarize young children with various aspects of a typical initial dental visit. I originally created this book to help make my patients' initial visits to my private practice, *BabyTeeth Children's Dentistry*, a positive and more enjoyable experience for them. Some of the material discussed in this book, however, may also serve to familiarize young children to their dental visits at other dental practices.

The photos and text have been specifically chosen for ages 5 and younger. I recommend that parents read this book with their children a few times, several days prior to and particularly on the day of their appointment. Discuss the material with your children and help them create a positive mental image about their dental visits and towards dental care.

Please note that not all the topics contained in this book may apply to your child; for example, taking radiographs (x-rays) or the "red laser light" (DIAGNODent laser cavity detector) may not be necessary or indicated for your child. I also encourage you to discuss the various topics discussed in this book with your child's dentist and decide what procedures are appropriate for each individual.

I hope this book will help your child visualize a positive image and attitude towards dentistry, and that you'll enjoy reading and discussing it as much as I have creating it.

- Dr. Payman Pimazar

*This book is dedicated to my father, Dr. Parviz Pimazar.*

**PAYMAN PIRNAZAR, D.D.S., M.S.**, is a Pediatric Dentist specializing in Preventive & Cosmetic Dentistry for Children and Young Adults. He has also earned a reputation for creating beautiful smiles for children and teenagers within the Entertainment Industry and throughout Southern California by integrating Cosmetic Dentistry and Pediatric Dentistry. Dr. Pirnazar is passionate about helping children and teenagers maintain healthy and beautiful smiles by emphasizing preventive care and education, and by establishing a positive attitude towards dentistry. His private practice, **BabyTeeth Children's Dentistry**, is located in West Los Angeles, California, and offers individual, personalized care in a service-oriented, high-tech setting. Dr. Pirnazar has served as a faculty member and instructor at the UCLA School of Dentistry. Learn more about Dr. Pirnazar and **BabyTeeth Children's Dentistry** by visiting [BabyTeeth.com](http://BabyTeeth.com).



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Jonah is visiting his dentist today. He is playing with the toys in the reception room. Dr. Pirnazar invites him to sit on his special bed-chair to count his teeth.



First, Dr. Pirnazar asks Jonah to choose a new toothbrush. Jonah decides to pick the blue toothbrush.



Dr. Pirnazar then asks Jonah to choose a toothpaste. Jonah picks the red toothpaste that tastes like watermelon.



Dr. Pirnazar shows Jonah his special toothbrush. Jonah can feel how it works on his finger. Since it tickles as it turns and cleans, Dr. Pirnazar calls it Mr. Tickle.



Jonah sits on the special bed-chair and goes for a ride as it goes up and down. It also lays back and becomes like a bed. That's why Dr. Pirnazar calls it a bed-chair!





Dr. Pirnazar shines the light on Jonah's mouth. Jonah helps Dr. Pirnazar count his teeth with the tiny mouth mirror. So far, Jonah has 16 out of his 20 baby teeth.



Dr. Pirnazar uses Mr. Tickles to clean Jonah's teeth. Mr. Tickles turns and tickles as it cleans Jonah's teeth. Jonah giggles.



Dr. Pirnazar will use his special water sprayer to rinse off Jonah's teeth and a backwards-straw called "Mr. Thirsty" that will suck out the water and toothpaste.



Jonah looks at his teeth in the mirror and likes what he sees. His teeth are really white and shiny and they feel nice and clean.



In another room, Dr. Pirnazar shows Jonah his special red laser light that feels like a flash light. He will use it to check for any cavities, or small holes, on Jonah's teeth.



Dr. Pirnazar shines the red laser light on Jonah's teeth to check if there are any cavities. It only takes a few seconds and feels fine. Jonah has no cavities!



Dr. Pirnazar wants to take a picture of Jonah's teeth. He puts on a special blanket on Jonah and asks him to open his mouth and gently bite on the digital x-ray film.



Dr. Pirnazar moves the camera closer and asks Jonah not to move for a couple of seconds. The camera beeps when it takes the picture.





Jonah shows Dr. Pirnazar how he brushes his teeth. Jonah is a great brusher!



Jonah has done a great job at his visit today. He gives Dr. Pirnazar a "high five," dental style.



Dr. Pirnazar puts Jonah's new toothbrush in a goody bag and tells Jonah that because he has been such a good helper, Jonah can go get a toy from the toy box.



Jonah has had his teeth checked, counted, and cleaned. He has a beautiful smile and a new toothbrush, a goody bag, and is now getting a toy. What a fun time he has had!

# What parents say about Dr. Payman Pirnazar and BabyTeeth Children's Dentistry...

"My kids actually like to come to the dentist. [They] even look forward to it." - S.J.

"My kids love to go to the dentist and I think it is great because dentists were always scary to me, besides being painful. It is amazing that they look forward to each visit instead of being afraid." -J.A.

"I love the personal attention, willingness to answer questions, and the genuine concern." -M.W.

"We are thrilled at your care and attention. Three dentists wanted to sedate [my son] for work on his cavities with little care toward our feelings against sedating our child. Dr. Pirnazar is the ONLY dentist to explain procedures to my child and I and is very approachable - he put a very anxious mother at ease! I trust him 100% and would recommend him to everyone. I'm so happy we found you - thank you." - S.B.

"I went to another Pediatric Dentist before I came to BabyTeeth and I appreciated your staff's genuine interest and the knowledge the doctor possessed on tooth decay and babies. Your staff made me feel very comfortable and even took the time to thoroughly go through all of my options with my daughter's teeth." -M.M.

"I was very anxious about coming with my son. He had a previous experience which caused him to be anxious. He is very hesitant about all doctors and dentists. My girlfriend referred me and said this would be different. Dr. Pirnazar and his staff were so incredibly kind and patient that I could physically see my son's body relax in the chair. Since then, he has had cavities filled and sealants placed. He loves coming here and says he will keep coming back to the dentist but only if it's 'this dentist.' I think you guys are amazing! Thank you!" - L.W.

"My son loves visiting Dr. Pirnazar. He's only been a couple of times but whenever he doesn't feel good he says he needs to go to the dentist. I tell him that he needs to see a 'doctor' if his tummy hurts, but he insists the dentist would be better and he's only three! I think everything about BabyTeeth is wonderful." -N.S.

"[My daughter] is very comfortable and secure with you all throughout what has been a difficult process for her. Thank you for that and I'm especially impressed with how you follow-up with calls to check on her after appointments." -J.D.

"Thank you! I am going to send more kids to your office. All of you are EXCELLENT! The doctor is very friendly and knows how to relate to kids." -M.R.

