



Canadian Society
for Disability
and Oral Health

Home Dental Desensitization Kits

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

Kit item	Purpose	How to use
Pictures of Staff/ Welcome package	Introduce staff so that clients know who they might see	Show the pictures to the prospective clients
Dark Glasses	Introduce patient to safety glasses used during care (can use own glasses as well)	Patient can use either dark glasses or clear ... dark can be helpful for light
Safety glasses (clear)	Introduce patient to safety glasses used during care (can use own glasses as well)	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 (pink)	Protects operator and client from microbial transfer	Two colours provided so that patient can see that the mask may be different colours
Gloves (small and medium)	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/saliva. instructions are to "kiss the straw" closing the mouth over the saliva ejector
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

Kit item	Purpose	How to use
Q tips long handles	Can be used to count tooth counters during assessment	Used to count fingers and/or teeth
Plastic 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
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
X-rays with tabs	Used to take dental x-rays	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	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 interdental brush 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 floss with gloved hands to get the patients used to another person touching the teeth and gums

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. The care giver will approach the patient from behind wrapping the hands around the patient. This models how the operator will approach the patient ☺