

RALPH THE BEAR'S
TRIP TO THE
DENTIST





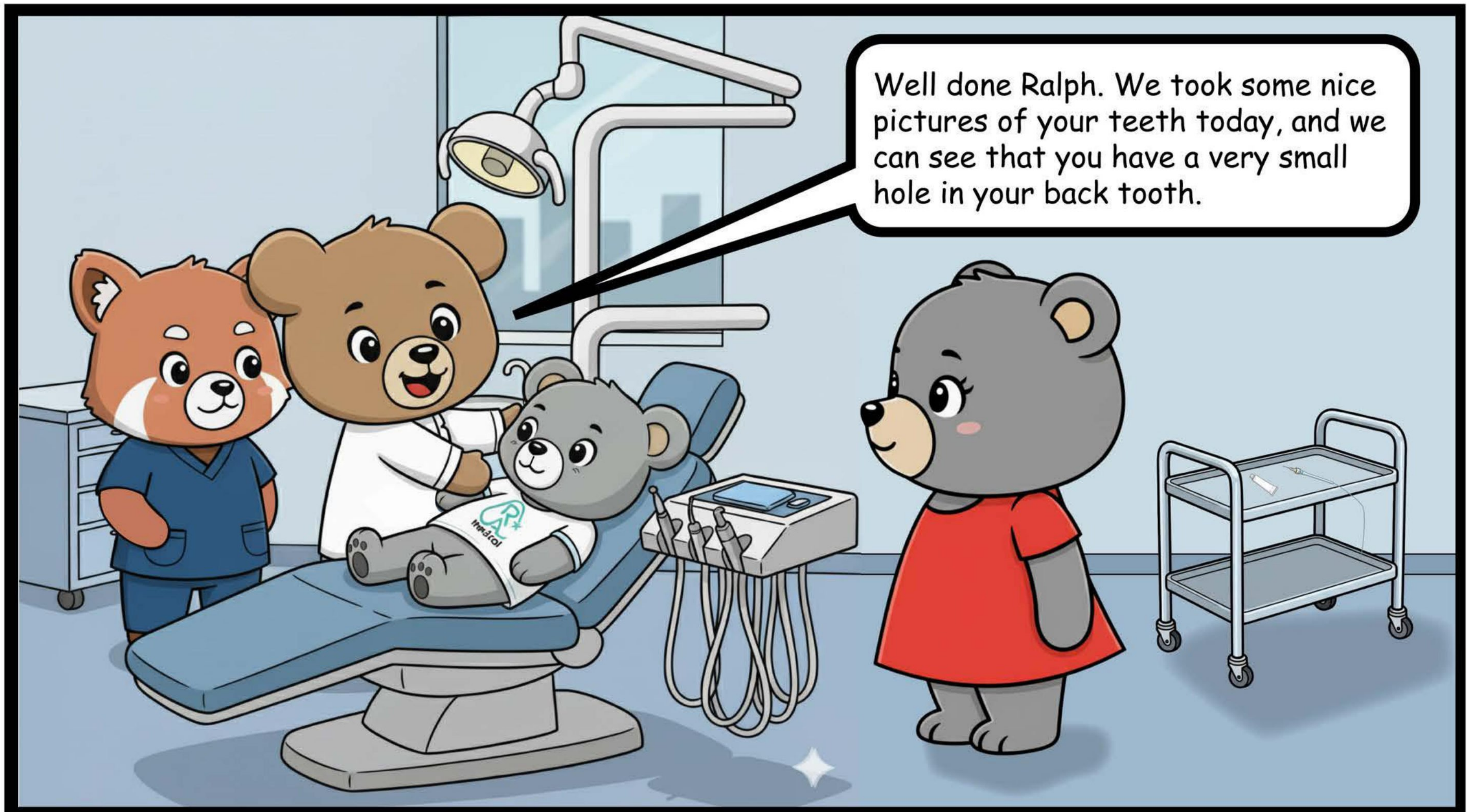
Comic written and designed by Clement Seeballuck and Cathy Shields, of the School of Dentistry, University of Dundee.

Original 'Ralph the Bear' character images were provided by R A Medical Services Ltd.

Google Gemini was used to support the creation of different character poses and expressions.

Visiting the dentist for a check-up

Ralph and his Mum have come to the dentist for Ralph's regular dental check-up. He's had some x-rays taken, and the dentist has some news for Ralph...



No need to worry Ralph!

This is something the dentist can fix easily.

He'll explain everything to you and your Mum.

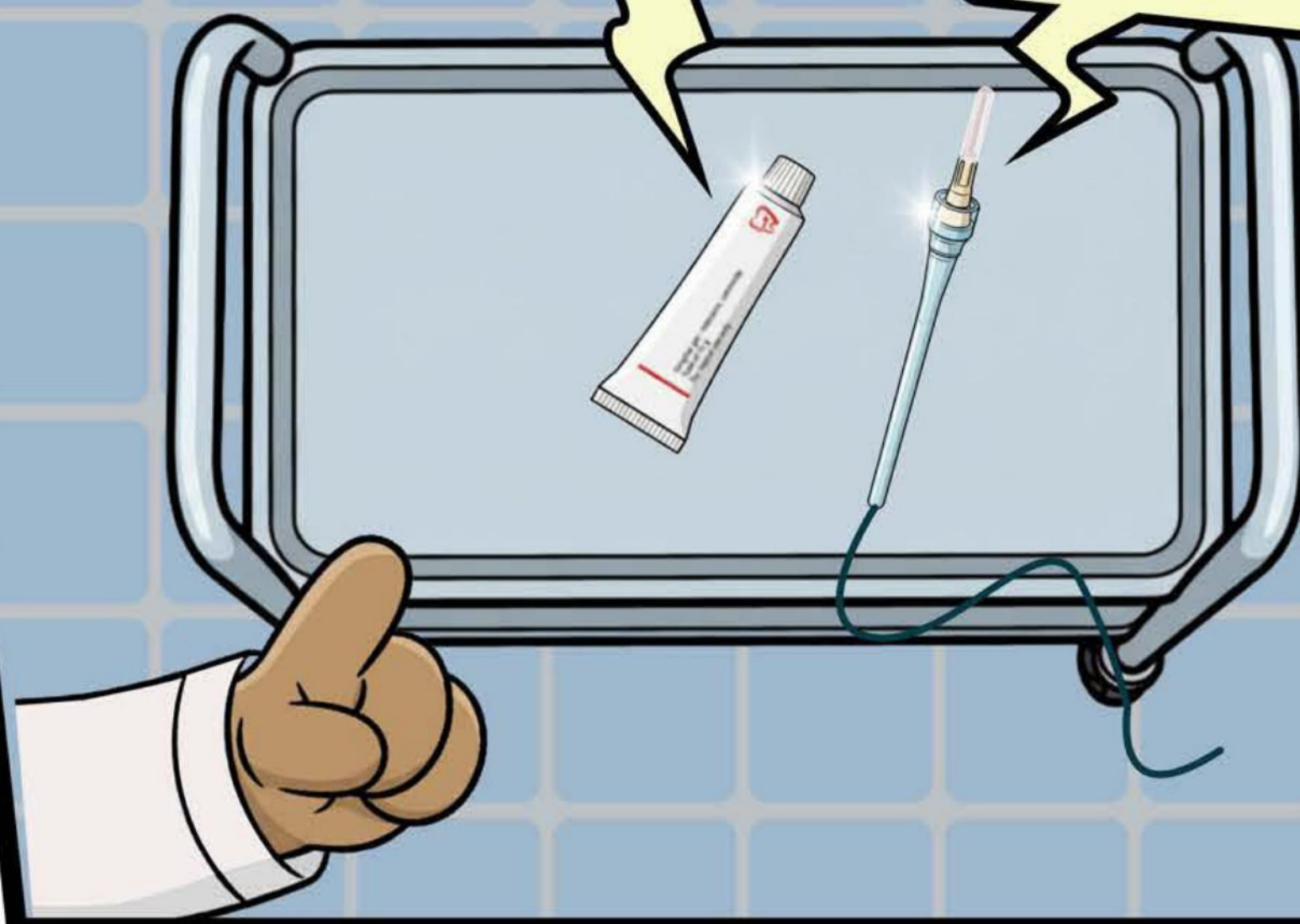
The dentist explains to Ralph and his Mum what will happen next.

We just need to bring you back in a few weeks. We'll make the tooth go numb with some special cream and our magic wand. It will make your tooth feel almost like it's going to sleep...

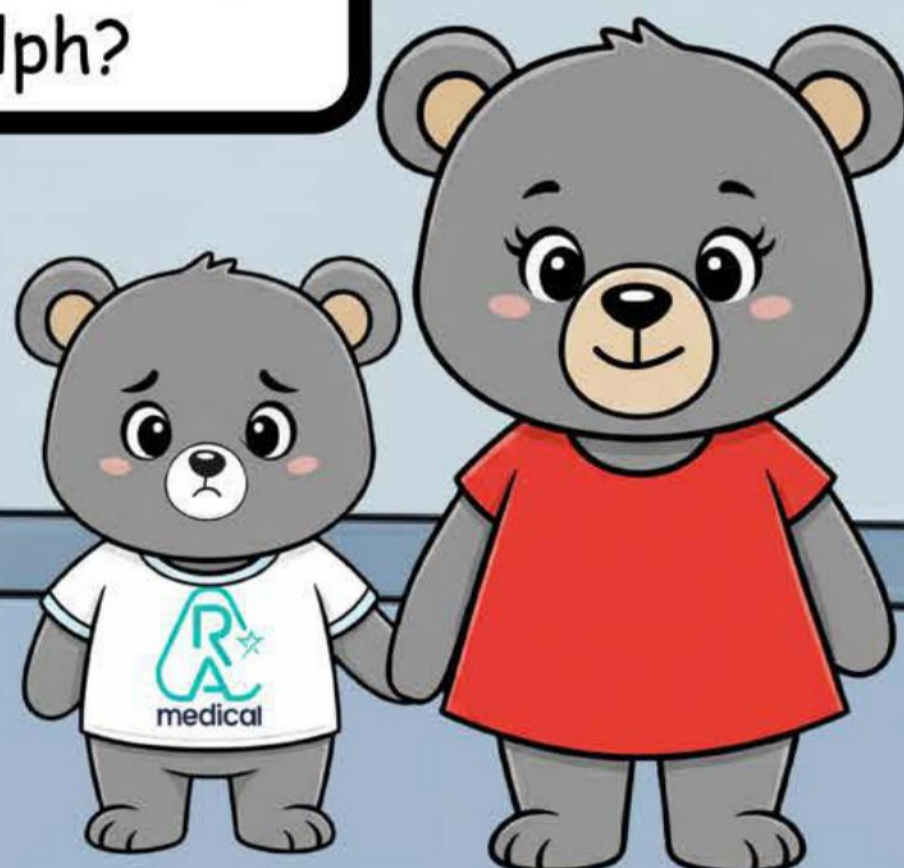


Special tingly cream

Magic dental wand



Does that sound OK, Ralph?



But Ralph is still looking a little bit nervous.

The dentist can see that Ralph is going to need a bit of a helping hand.

Don't worry Ralph! Using this mask, we can also give you some special relaxing sleepy air. It can help you to feel less worried. Do you like that idea?



What do you think Ralph?

Sounds good Mum!

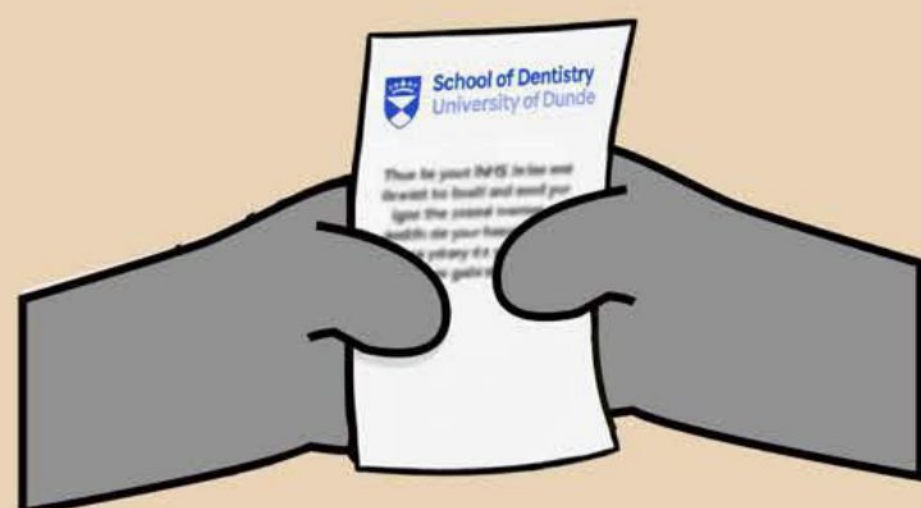


The dentist gives Ralph's Mum a helpful leaflet explaining what will happen at the next appointment, and how Ralph can get ready.



2 weeks later...

It's the day of Ralph's next appointment and he's just woken up.



Thanks Mum.
Yum - porridge!

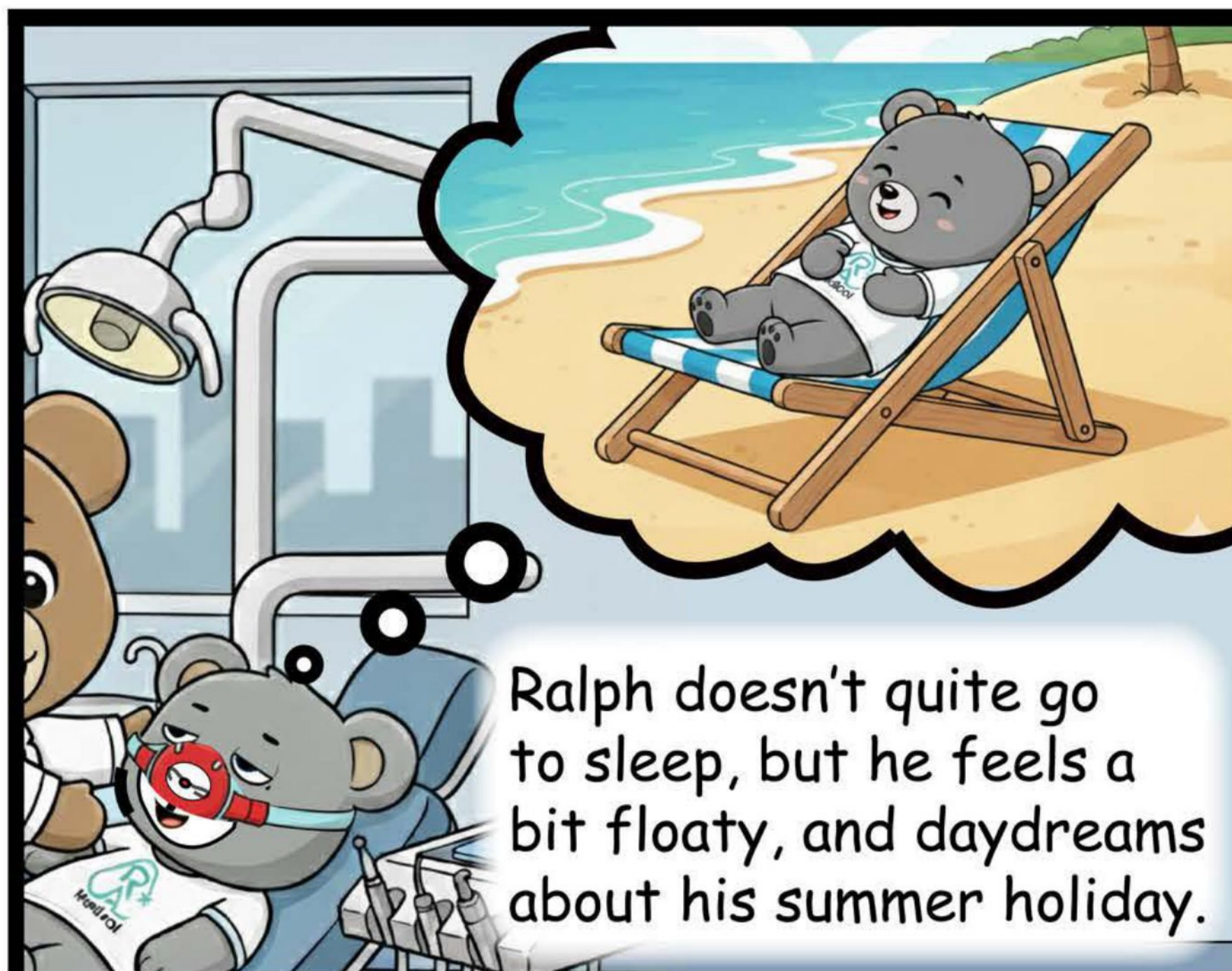
From reading the leaflet the dentist gave to them, Ralph's Mum knows that Ralph is allowed to eat his breakfast as usual on the morning of the procedure.



Ralph breathes
the sleepy
gas through
his nose for
a few minutes.

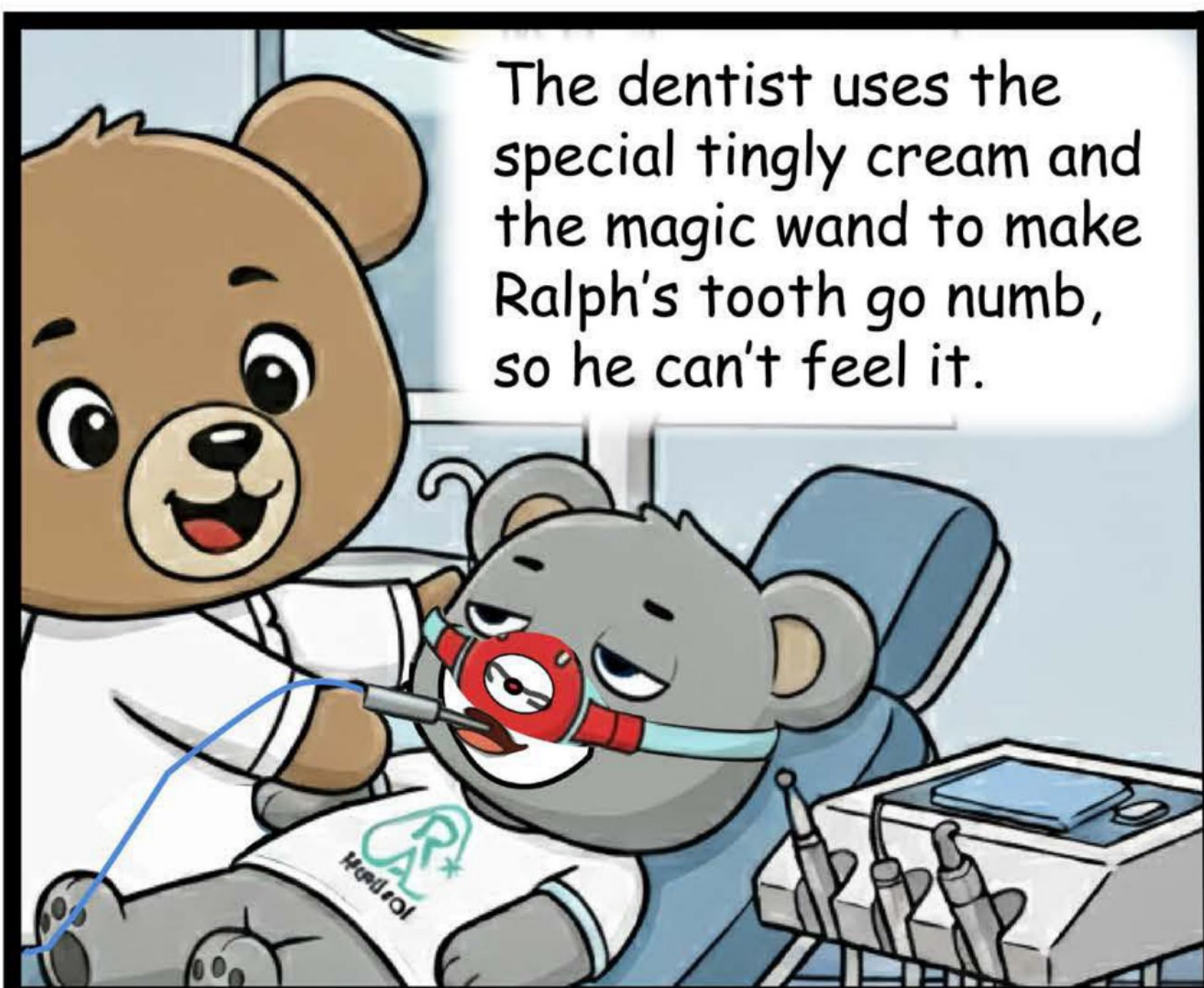
How does that feel
on your nose Ralph?

Good. Smells
like... strawberries!



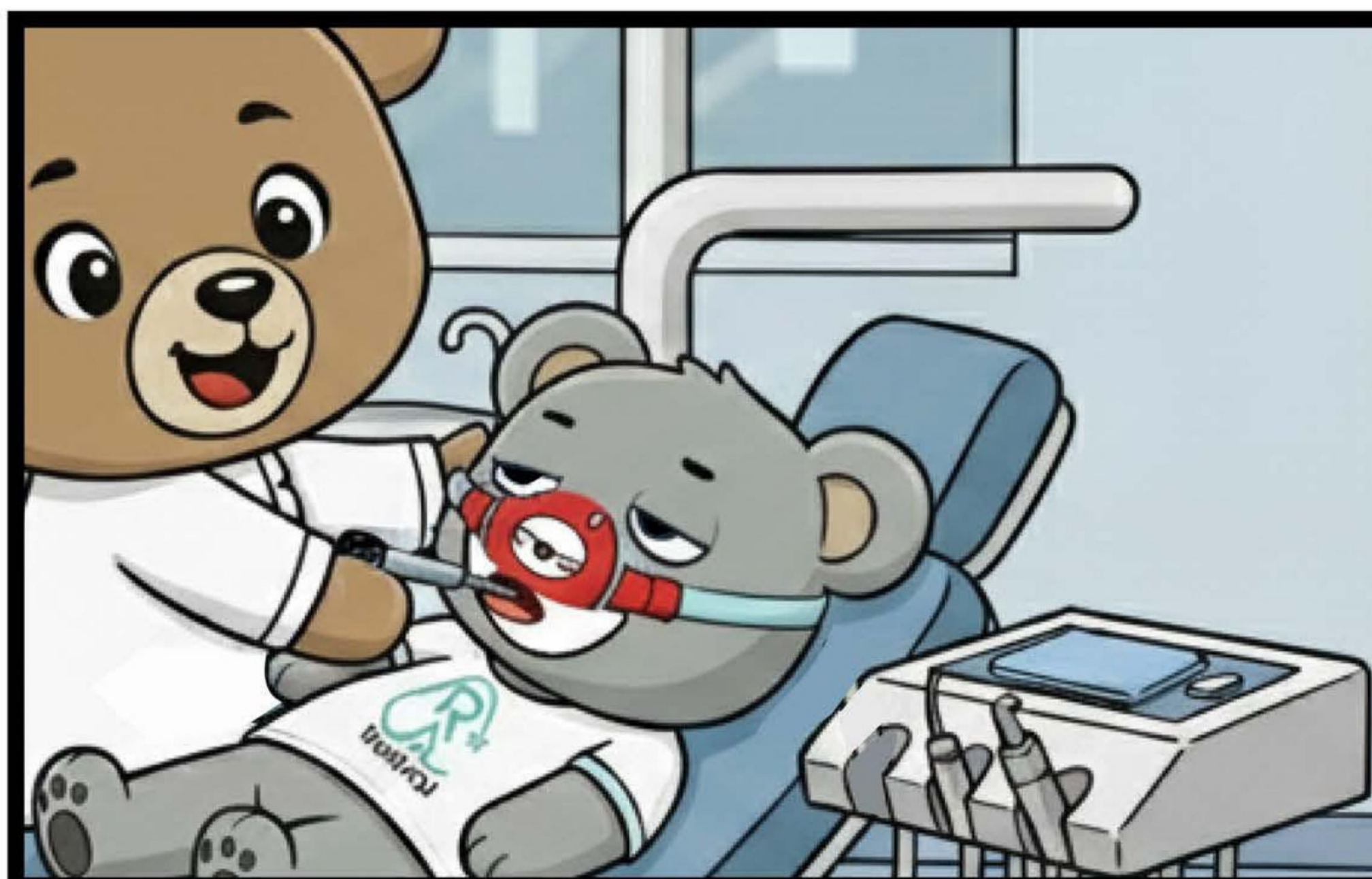
Ralph doesn't quite go
to sleep, but he feels a
bit floaty, and daydreams
about his summer holiday.

The dentist uses the
special tingly cream and
the magic wand to make
Ralph's tooth go numb,
so he can't feel it.



Because he's not asleep, Ralph can still
talk to the dentist, and knows he can raise
his hand if he needs to stop for a while.

The dentist gets started working on Ralph's tooth...



The dentist cleans the hole in Ralph's tooth. Then he puts a special filling over the hole, making Ralph's tooth almost as good as new!

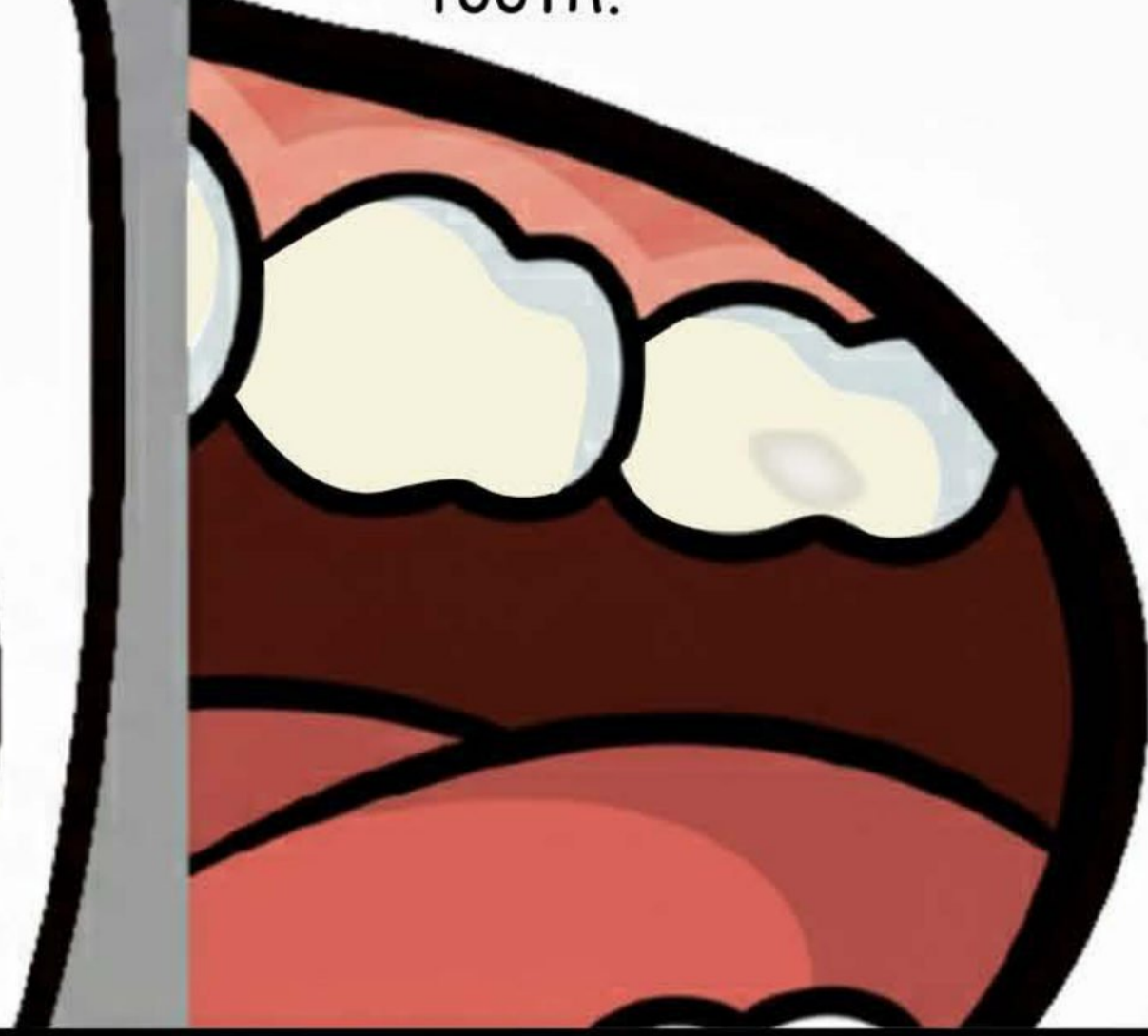
Ralph is still a bit sleepy, so he doesn't really notice too much of what's happening.

Take a closer look...

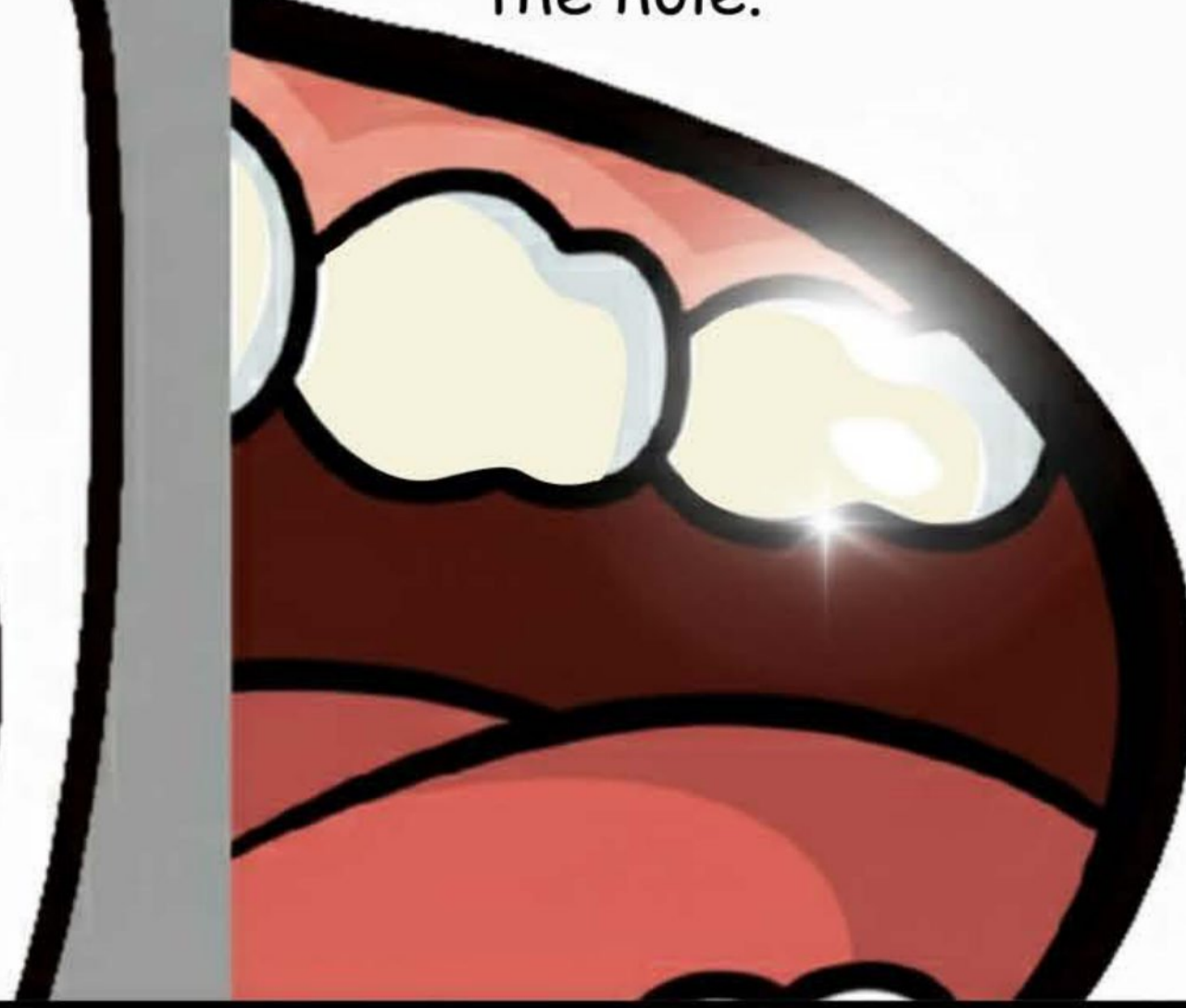
The dentist finds the hole in Ralph's tooth.



He cleans around the hole in the tooth.



Then the dentist puts a filling over the hole.



Ralph picks out a superhero sticker!



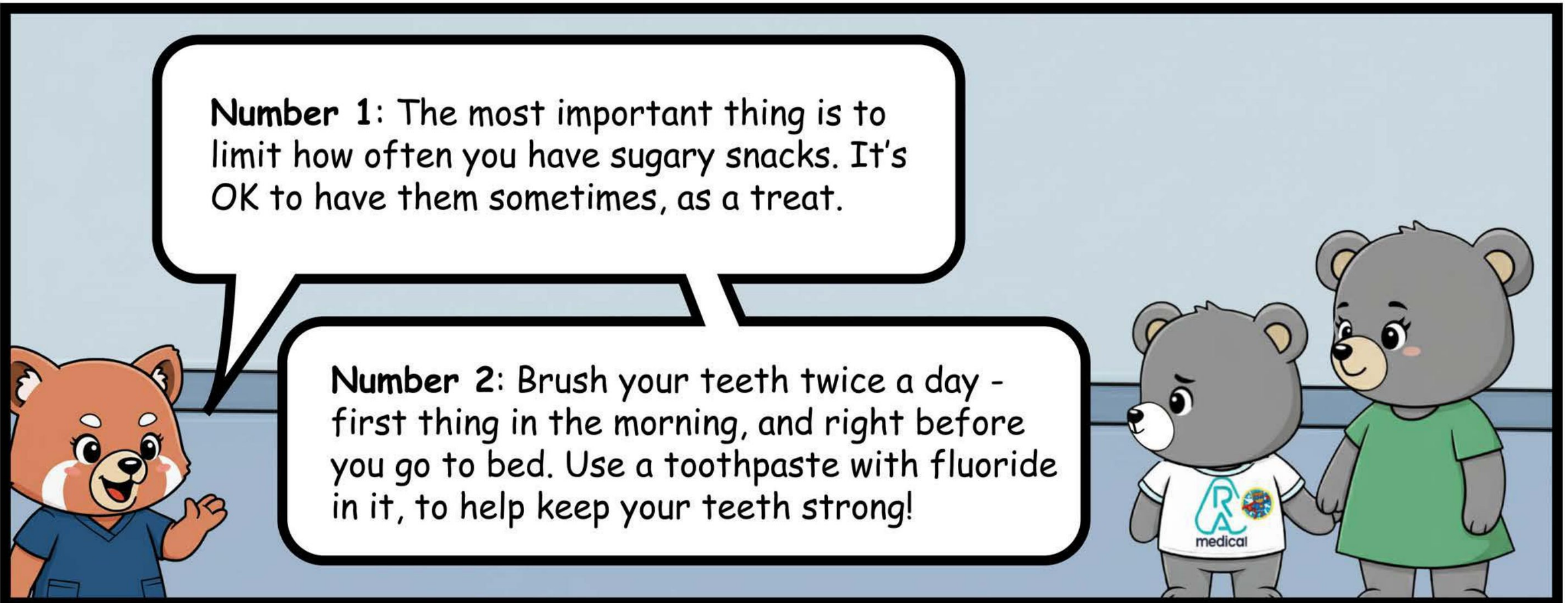
Ralph feels back to normal after about 5 minutes, and he and his Mum get ready to go home. Before they go, Ralph's Mum has a question for the dental nurse...



How can we make sure Ralph's teeth stay healthy?



Great question! There are 3 key ways you can keep your teeth healthy...



Number 1: The most important thing is to limit how often you have sugary snacks. It's OK to have them sometimes, as a treat.

Number 2: Brush your teeth twice a day - first thing in the morning, and right before you go to bed. Use a toothpaste with fluoride in it, to help keep your teeth strong!

Number 3: It's also important to see the dentist regularly, so they can make sure your teeth and gums are keeping healthy!

See you next time Ralph!

We'll do that! Goodbye!

Thank you! Bye!



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