**Dental Desensitization Program #1**

**Goal:** John will tolerate dental procedures

**Justification:** John values healthy oral hygiene. Intolerance for dental procedures can be a barrier to that.Functional assessment indicates that John engages in destructive and aggressive behavior during dental procedures because he finds them aversive and that in the past, this type of behavior has resulted in the procedures being stopped. John's inability to fully tolerate dental procedures puts his oral health at risk. "Mock" dental procedures will increase John's ability to fully tolerate dental procedures and ensure improved oral health.

Provided frequent exposure to dental procedures, John will tolerate having his teeth flossed and cleaned achieving at least a 90 average progress rating, 12 of the last 12 months by \_\_\_\_.

**Procedures:** Run the program and record data each Tuesday AM and each Friday PM. Start at step 1. Once John has been successful at any step for 4 consecutive sessions, add another step onto the chain. In order to get credit for any step, he needs to tolerate the last step of the chain for at least 10 seconds. Use equipment found in designated "Dental Equipment" box.

1. Ask John to sit in the designated "house dental chair." Put dental bib on. Turn music on (for at least 10 seconds).  
     
   2. Same as above, add: recline chair.  
     
   3. Same as above, add: Position light toward John's face.  
     
   4. Same as above, add: Ask John to open his mouth, then place handle of floss fork again his lips (not on his teeth), relocating it at different angles around his mouth.  
     
   5. Same as above, add: GENTLY floss between teeth. Start with 2, gradually build up to all.  
     
   6. Same as above, add: Staff now wear latex gloves.  
     
   7. Same as above, add: Staff now also wear face mask.  
     
   8. Same as above, add: After flossing, use electric toothbrush. Brush 2 teeth.  
     
   9. Same as above, add: After flossing, use electric toothbrush to brush all teeth.  
     
   After success at this point, attempt a mock dentist visit in actual dentist's office (obj #2).

**Always tell John what you will be doing in a calm voice. Reassure him frequently. NEVER force him**.

**Type of Data**:Independence Level   
**When data is collected**:  Tues AM and Fri PM

**Record the highest phase John was able to tolerate for a full 10 seconds without aggressing**:

0=Will not sit down 1=Sits, Bib, Music 2=Recline 3=Light on 4=Floss Fork on lips 5=Floss teeth 6=Gloves 7=Face mask 8=Brush 2 teeth 9=Brush all teeth

**Reinforcer:** Improved oral hygiene and praise. Also, be sure that immediately following the procedure, John is offered an activity that he finds rewarding.

**Correction:** Avoid ending the session when John is showing resistive or aggressive behavior, as that has potential to increase the probability that John will resort to that type of behavior to “escape” a variety of unpleasant situations in the future.

Instead, end each session on a positive note. Watch closely for signs that John is becoming intolerable of the procedure. When that happens, ask him to do something that he knows how to do, and can easily do, such as clapping his hands, giving you a high five, etc. At that time, end the session, telling him “Super job, John. Let’s end for now” and then end the session, and record the highest phase number that John was able to tolerate for a full 10 seconds without aggressing.