

How to have a more

Relaxed

dental visit



ADA.

Regular dental visits are essential for maintaining good oral health. Yet an estimated 35 million adults experience sufficient anxiety at the thought of an upcoming dental visit that they worry about, postpone or avoid seeing their dentist.

If you experience some degree of anxiety when it comes time to see your dentist, here are a few suggestions that can help you relax before and during dental treatment.

- 1 Tell your dentist and the dental staff if you feel fearful, tense or anxious. Bringing your fears out into the open can help your dentist tailor the treatment and pace to suit your needs.
- 2 Try to schedule your dental visit for a time when you won't be rushed or physically strained. You may find a Saturday or early morning appointment less stressful than rushing to see the dentist directly after work.
- 3 Get a good night's sleep the night before and eat light meals the day of your appointment.
- 4 Wear loose, comfortable clothes to your dental appointment. Avoid wearing tight collars or clothes that will restrict your movement.
- 5 Arrange a signal ahead of time with the dental staff — such as raising your hand — to indicate you are feeling discomfort or need a break from a procedure.
- 6 Bring a portable tape player and headset and listen to music you enjoy. Try visualization — focusing on a relaxing scene from a favorite vacation spot and holding it before your “mind's eye” during treatment.
- 7 Talk with your dentist about medications that are available to help create more relaxed, comfortable dental visits. The type of procedure, your overall health, history of allergies and your anxiety level are considered when determining which approach is best for your particular case.

What's important is to recognize your anxiety and accept it as a common reaction to an uncertain situation.

By taking a few positive steps, you can help boost both your confidence and your oral health!

Relax

