

Anxious About Dental Visits?

Tips and Hints for a Comfortable Visit



1. Let the dental staff know about your anxiety.

- They can help by answering questions about what is going to happen or by giving you tips on how to relax.



2. Set up a signal for breaks.

- Agree on a signal for breaks with your dentist, like raising your hand. This can help you feel more in control during your appointment.



3. Distract yourself.

- Whether it is bringing your earphones to listen to music or squeezing a stress ball, directing your attention to something else can help you relax.



4. Practice relaxation methods.

- Taking deep breaths, meditating, and trying to relax tense parts of your body can help you calm down if you are nervous during an appointment.



Seeing the dentist is not always easy for people, but it's important to keep your smile healthy!
Make sure to see your dentist twice a year!

