

DEALING WITH DENTAL ANXIETY

WHY GO TO THE DENTIST?

THE IMPORTANCE OF GOOD ORAL HEALTH

PREVENT CONDITIONS LIKE

heart disease, diabetes, Alzheimer's/dementia, pneumonia, sleep disorders, pregnancy complications



CATCH TOOTH AND GUM PROBLEMS EARLY

IMPROVE CONFIDENCE WITH A BRIGHT SMILE

"YOU'RE NEVER FULLY DRESSED WITHOUT A SMILE!"

BEFORE YOU COME

Read our online flip book



This will tell and show you what a typical appointment looks like before you even step through our doors. Check out the QR code below to find it!

Write down a list of anything you want to tell your dental team



This could be any fears, concerns, or needs you may have. Writing them down means you won't forget to tell us, regardless of how nervous you are.

Think about things you can do to make yourself comfortable at the clinic



For example, bring a friend/family member, wear a comfy outfit, or bring headphones.

YOUR ROLE

COMMUNICATE WITH YOUR DENTAL TEAM

We are here to help, not hurt or harm you.

We will best be able to help you if you tell us how you are feeling and what you need.

THINGS TO TELL US:

- Fears, concerns, or anxieties you might have about your oral care
- Areas of pain or discomfort in your mouth
- Specific needs that we are able to accommodate

OUR ROLE

WE WILL DO OUR BEST TO MAKE YOUR EXPERIENCE WITH US THE BEST IT CAN BE

TO DO THIS, WE WILL:

- Listen to your fears and concerns
- Make you as comfortable as possible
- Communicate clearly about our procedures before we start
- Alter our cleanings to accommodate your comfort
- Provide education to support your oral health
- Support excellent patient-staff relationships

ADDITIONAL INFORMATION



Cleaning and New Patient Exam



Filling

"WHAT TO EXPECT" FLIP BOOKS



WHY WE NEED THE DENTIST



TIPS TO REDUCE DENTAL ANXIETY