

TIPS TO OVERCOME THE FEAR OF VISITING THE DENTIST



1. Tell the dentist about your fears. This information will help the dentist determine how to best manage and address those fears.
2. Remember that dental procedures have greatly improved in the past few years. Modern dentistry offers new methods and treatment options to make you feel comfortable.
3. Your dentist can explain the entire procedure to you beforehand, as well as walk you through step-by-step while the procedure is being performed.
4. Find a dentist you are comfortable with and establish a trusting relationship.
5. Breathe deeply and try to relax. Some dentists recommend practicing relaxation techniques before and during the appointment. Other dentists find that listening to music, or scheduling an appointment first thing in the morning, before the stresses of the day add up, also help patients to relax.
6. Talk to the dentist about stopping if you're uncomfortable. Many of the dentists surveyed said they establish a signal to "stop" with their patients. This puts you in control of the procedure and alerts the dentist if you're uncomfortable or need to take a break during the appointment.
7. Visit the dentist regularly to prevent problems. For fearful patients, just going for a check up can be nerve-wracking, but the more you go to the dentist for routine cleanings, the more likely you are to avoid larger problems that result in extensive procedures.
8. Visit the office and talk to the staff before your first appointment. You should feel free to meet with the dentist and to ask questions before scheduling your appointment. Meeting the dentist and his or her staff first will help you find a dentist you like and trust.
9. Go slow. Dentists are happy to go slow with nervous patients. If possible, make sure your first visit is a simple one, such as a cleaning. This will help you build your relationship with the dentist before going in for a more difficult procedure.

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