

HOW TO EASE DENTAL ANXIETY

Advice for patients

DID YOU KNOW FEAR OF THE DENTIST CAN LEAD TO DENTAL PROBLEMS THAT AFFECT YOUR WELL-BEING?

Regular dental visits help keep your mouth—and your life—happy and healthy. Here are some tips to make visits easier and less stressful.

TALK TO YOUR DENTIST



Share your feelings openly.



Ask any **questions** you may have.



Work together to make your visit as relaxed as possible.

PLAN AHEAD

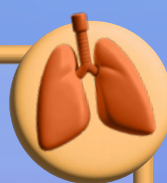


Schedule an appointment on a day when you're not too busy to avoid adding unnecessary stress.



Ask a friend or family member to go with you.

TRY DEEPENING YOUR BREATHS



Relaxation techniques, such as deep breathing, can help calm your nerves. Try taking slow, deep breaths **before and during** your appointment to stay relaxed.



USE A STOP SIGNAL



Agree a signal with your dentist to use when you feel overwhelmed or need a break during the treatment. It could be as simple as **raising your hand**.

DISTRACT YOURSELF



Check with your care team about using distractions when appropriate to help take your mind off your surroundings. For example, consider bringing headphones **to listen to your favourite music!**

SEDATION



If your fear is so great that it is preventing you from receiving the treatment you need, your dentist may be able to offer sedation options, such as nitrous oxide, or other methods, to help **you feel more comfortable.**

