

### Advice for Nervous Patients

Some people may feel completely at ease when visiting the dentist and some may need a little more reassurance. Dental anxiety is something we deal with here at Woodford Dental Care on a daily basis. It is more common than you may think and something we completely understand, so you are not alone. This advice sheet provides some tips about how to reduce this anxiety when coming to the dentist.

1. **Let us know.** We can put a note on your file so that we will be aware for future visits. Your dentist/hygienist will be happy to discuss any concerns you have about treatment.
2. Your first appointment will simply be a check-up, **having a chat** with the dentist and them taking a look at your teeth and gums, so don't worry that you'll be launched into having treatment. Your first visit is your chance to get to know the dentist. If treatment is recommended we will discuss this with you first and we will give advice on what we think would be in your best interests, but there is no obligation to have the treatment done.
3. If you do need treatment, **you will be in control.** The dentist or hygienist will ask you to raise your left hand if you want to stop at any time.
4. We want you to feel comfortable. If you have a favourite radio station you would prefer to listen to let us know, we will be happy to put it on for you, or you can bring headphones to **listen to music** on your phone. If you would prefer the heating turned up/down please let us know.
5. We have **stress balls** in each room you can ask to hold.
6. Many adults who are scared of the dentist have bad memories from childhood. Advances in technology and materials make dentistry a **much gentler experience** than it may have been in your childhood.
7. You are welcome to **bring a friend** with you to the appointment.
8. Book appointments at a time of day when you **feel at your best**, and when you do not have any other commitments to worry about. Allow plenty of time so that you can get to the practice in a relaxed frame of mind – arriving in a rush will only make you feel more nervous. Try to eat before you go, so there is less chance of feeling faint while you are in the chair.
9. **Reducing sugary snacks** to mealtimes only (remembering that even fruits and juices contain natural sugar), **brushing twice daily and flossing once** a day can reduce the need to have treatment.

If you have any concerns, please do not hesitate to discuss them with us.