

OVERCOMING DENTAL FEAR



Find a good dentist

The most important step to overcoming dental anxiety is finding a good dentist. A good dentist is one who:

- is patient**
- is highly competent**
- endeavors to make each meeting pain free**
- genuinely cares about you**

Once you have decided upon a dentist, bite the bullet and call to make an appointment. Try to make your appointment in the morning; an appointment later in the day can lead to more anxiety as you have the whole day to think about it. When you get your morning appointment, take an Advil PM or similar medication to ensure that you get plenty of sleep the night before.

When you get to the dentist and are filling out your paperwork, make sure to write out your concerns in the comments area. The dental assistant and/or dentist should go over them with you as soon as you get in the chair. If they don't, bring up your concerns. Let them know exactly what it is that has you worried, so they can come up with an appropriate solution.