

# 5 WAYS TO CURE YOUR FEAR OF VISITING THE DENTIST





It is normal to have some anxiety or fear when it comes to visiting a dentist. The reasons behind dentistry fear are understandable. Often fear can be connected to a lack of control the patient feels in the dentist's chair, a fear of pain or needles; or even embarrassment at a loss of personal space. After visiting with patients on a daily basis, we have compiled a list our top 5 cures of dental fear.



# 1. Bring a family member or friend to accompany you



This individual will act as an anchor in a somewhat intimidating environment. Of course select who accompanies you carefully, choose someone who is a calming presence and unlikely to exacerbate your fears.



## 2. Find A Distraction



Find a pleasant distraction to keep your mind away. Some dentists provide headphones so you can listen to music or offer televisions for your viewing pleasure.





### 3. Communicate with your Dentist



It's worth taking the time to discuss your fears — and the potential treatment options — with your dentist. You can feel more in control if you take part in decisions about your treatment. And that can help you to feel less anxious.



## 4. Become Familiar With The Dental Office Environment



In advance of your appointment, we recommended you visit the dental practice and engage with the people there, look around the rooms and become familiar with the surroundings.



## 5. Knowledge is power



You can enhance your knowledge in this field by going through brochures, books, Internet, etc. The more your knowledge base is, the less is the anxiety.



Few people look forward to a spell in the dentist's chair. But serious anxiety prevents millions of Americans from seeking proper preventative care. The consequences of this problem may go far beyond dental pain or lost teeth. Gum disease is a serious infection that can affect other parts of the body. Studies now link it to illnesses including heart disease, stroke, and diabetes.

At The Smile Spa of Baton Rouge, we make sure we take every measure To ensure that any anxiety or fear that you may have before your visit, Are swept away by our relaxing atmosphere and professional staff.

For worry free Dental care, call The Smile Spa of Baton Rouge at:  
225-292-SMILE (7645)

