

## Getting Through A Dental Appointment

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- Talk to your dentist or hygienist about your concerns.
- Ask your dentist to explain all procedures.
- Ask your dentist to forewarn you of pain.
- Develop an agreed-upon signal indicating you want to stop.
- Tell your dentist when you are afraid.
- Slow, deep breathing
- Imagining a safe place
- Self talk: I can get through this. It will be over shortly. I am safe now. I am taking care of my health.
- Bring a friend.
- Bring a soothing audiotape; i.e., music or relaxation.
- Bring a comforting stuffed animal.
- For women, wear pants instead of a skirt.
- Talk with your health care specialist about the possibility of medication.
- Ask for an initial appointment just to talk
- Ask for the dental chair to be placed in an upright position
- Keep the door open
- Have the dental assistant present
- Ask them to not touch the your body
- Ask the dentist to check in frequently with you so you can feel more in control of what the dentist is doing
- Have them explain procedures throughout the office visit
- Find out more information at <http://www.dentalfearcentral.org/>