



If you're nervous about coming to the dentist, find out how we can help you

Are you worried or scared about going to the dentist?

Here are three ways dentists can ease your anxieties

When the thought of attending the dentist for a check-up fills you with dread, you have two choices.

First choice: you can choose to live with your concerns. That's not ideal as it may lead to whatever dental problems you may have getting worse.

Second choice: you can contact our friendly dentist who is trained in treating anxious patients. Our dentist aims to make you feel at ease and feel in control of everything. Treating a problem earlier, rather than later, is always a better option.

But how exactly can our dentists help you to overcome your phobias?

1. Communication

When you contact our team, tell us at the earliest opportunity about your worries and any concerns you have. Don't be afraid to tell us your fears. This is perfectly normal, and we've successfully treated many nervous patients. By talking to us, this will help us to customise your treatment plan and allow us to suggest external support based on the intensity of your phobia.

It will also help you to feel more comfortable in the dental chair.

2. Distraction

Some anxious patients dislike the sound of the drill and, while you could hunt for a dental surgery that uses a soundless drill, our team will be able to offer you an in-chair distraction.

Our surgeries offer overhead televisions or headsets with relaxing music. These techniques help calm the nerves of those who may otherwise break into a sweat at the sound of the drill!

3. Sedation

If your phobias are more intense, our dentist may be able to offer you sedation. Sedation can come in either pill or intravenous form. Both of these options will render you partially conscious, but able to respond to our dental team's instructions but you'll be more relaxed..

Remember, you should always be honest with our team about any concerns that you have. That way, we can work together to help get your oral health back on track!

DISCLAIMER

All treatment carries risks. Individual consultation is required with one of our practitioners to ensure that the treatment is right for you.