

VISITING THE DENTIST



Ways to help someone with DENTAL ANXIETY

Regular visits

Visit the dentist regularly, every 6 months. Organise a familiarization visit to get used to the lighting/seating

Discuss before

Talk to the person about the upcoming dentist visit in advance; Tell them what is going to happen on the day

Encourage

Encourage the person to discuss with the dentist any worries they have before their appointment

Teach

Teach the individual some deep breathing exercises to help reduce anxiety before and during the visit

Distraction

Bring ipads or books to the appointment to use as a distraction

Positivity

Be positive about the upcoming appointment and give positive feedback for what went well afterwards

Time

Choose to visit at a time of day that would be most helpful for the individual ie. morning when less busy

Chat after

Chat afterwards about what went well or less well and how it could be changed; feed this information back to the dentist