

# Ways to Relieve Dental Anxiety



If you dread going to the dentist, ask about anxiety-reducing techniques you can use to help stay calm and relaxed. Some effective strategies follow.

- Tell your dentist how you feel. Some dentists are trained in helping anxious patients overcome fear of dental procedures.
- Ask if you can listen to soothing music or relaxation CDs played on a stereo headset. Ask if the dentist offers a hand-held device that allows you to press a button to stop the dentist's drill.
- If your dentist is skilled at hypnosis, consider being hypnotized.
- If your anxiety is more than you can handle, see a psychotherapist who specializes in treating dental anxiety and other phobias.

Have a routine cleaning and checkup every six months. Preventive care will minimize the need for more painful and lengthy treatment.