

TIPS FOR ANXIOUS AND FEARFUL PATIENTS

1. Leave for your appointment early. Worrying about being on time will increase your anxiety.
2. No caffeine.
3. Ask your dentist if nitrous oxide or an anesthetic without epinephrine is appropriate for you.
4. Tell your dentist about previous negative experiences so that they can avoid those triggers.
5. Take our fear survey and share it with your dentist so that they can better understand how they can help you.
6. Bring a friend with you to your first appointment or until you have built trust with the dentist.