

## Top tips for the terrified



### 1 It's good to talk!

Part of our approach to all of our patients is: If you want to talk, we want to listen. This is why we always offer a free consultation, just for conversation. Everybody is different and we are here to help not judge. If you are able to put into words any specific worries or ways you would like to be treated that's great, if you can't even put your fear into words don't worry, we can just chat and get to know each other.

### 2 You don't need to go it alone.

If you have a friend or partner who you want to bring with you then they are very welcome. There are also some very good forums on the internet where you can get support from other people who are scared of the dentist. One example is [www.dentalfearcentral.org](http://www.dentalfearcentral.org).

### 3 Relaxing environment.

We take care to make sure our clinic doesn't look too 'clinical' using scented candles, soothing music and comfy chairs. If you prefer, you can bring your own music and listen through your headphones during dental treatment.

### 4 Hypnotherapy

Hypnotherapy has been used to successfully treat people's dental fears for many years. It is also very useful for people with a problematic gag reflex.

We offer a unique service whereby our own dental therapist can tailor a hypnotherapy package for you based on your requirements. Your consultation and therapy sessions will take place within the dental setting, helping you to access those feelings of calm and relaxation easily.

### 5 Sedative tablets

We can prescribe you a mild sedative to take before you come in to see us if you need it. Many very nervous people find this 'takes the edge off' their fear and enables them to come in when they wouldn't be able to otherwise.

Remember our promise: We are here to help and will treat you as an individual. You will not be judged or pushed into anything you feel uncomfortable with.

You can have the healthy, comfortable mouth you need and deserve, call us today on **01937 582972**.