



# 6 TIPS FOR A GREAT DENTAL EXPERIENCE

# DENTAL APPOINTMENT ANXIETY? HERE ARE 6 TIPS FOR A GREAT DENTAL EXPERIENCE

There are many reasons why people don't go to the dentist. Among them are lack of dental insurance, high treatment costs, locally hindered access to dental care, and fear. One-third of the U.S. population refuses to go to the dentist because of fear. Many of us who do go, also suffer from fear. We fear the pain, the smell of chemicals, and the sound of the drill. We also don't like feeling stuck in the dental chair, and the discomfort that comes from having to have our mouths open for so long. We get it. Going to the dentist is one of the most discomforting things to do and it can feel a little scary.





While going to the dentist is discomfoting, it is also necessary. Before deciding yet again to cancel your next dentist appointment or forgo even scheduling one, you may want to consider the many benefits of going to the dentist.

Regular dentist appointments:

- **Prevents costly future issues:** Going to the dentist regularly can prevent future issues down the road, like oral cancer, plaque, tartar, cavities, and gum disease. While going to the dentist can be costly, having to deal with any of these issues will cost you even more.
- **Saves your teeth:** You only have one set of adult teeth, so if you lose any or they start decaying, it could cause a shift in the other teeth. That could cause discomfort or affect your smile. It's better to have checkups to prevent these types of scares.
- **Brings peace of mind:** Dental pains can keep you up at night; they can be severe. There's nothing better than having peace of mind knowing that you don't have any dental issues. On top of that, you also have a great smile to show for it.

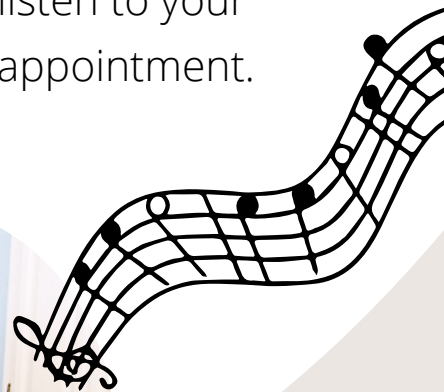
# 6 TIPS FOR A GREAT DENTAL EXPERIENCE (EVEN IF YOU HAVE ANXIETY)

Regular dental appointments are important and could be more costly to you if you don't go. So, here are six tips to have a great dental experience, even if you have anxiety.

## 1. Bring Your Playlist

Music is a healing tool. It produces a calming effect, even in the dentist's office. Some dental offices will even provide you with the tools you need to listen to music because they understand what you're going through. They want you to feel as comfortable as possible as they take care of you.

But, if you have an iPod or a playlist, you should bring it. That way, if the dental office doesn't have music there for you, you can listen to your own. How relaxing is that? Never dread another dental appointment. Come prepared with relaxing music that you love.



## 2. Enjoy Lavender Oil

Lavender oil has been known to have many benefits. The scent of lavender is the most widely used essential oil in the world. It slows activity in the central nervous system, which produces a calming effect. It's been used to help induce a calmer state in individuals for hundreds of years.

Lavender oil has been proven to reduce anxiety, induce sleep and decrease postoperative pain, among other things. Consider inhaling the natural relaxant of lavender oil before your next dental appointment. You can spray it in the air, on your clothes, or on something you will have in your possession during the appointment. The scent of lavender oil will put you in the calming state you need to be in to satisfactorily get through your appointment.



### 3. Do Breathing Exercises

Did you know that breathing can reduce anxiety? Not only that; it can also increase mental focus. When we're stressed, we tend to breathe shallowly, and that can increase our anxiety level. Sufficient oxygen can help to circulate stress-reducing brain chemicals throughout the body, which will eliminate anxiety, and breathing can help with that. Consider doing some breathing exercises just before your dental appointment. Here are two ways to do it:

- Take long, slow breaths through your nose and hold your breath for two or three seconds. Then, slowly release the breath over a number of seconds. Repeat 10 times, and you will experience a greater feeling of calm.
- Cup your hands over your mouth while breathing so you re-breathe carbon dioxide that is normally expelled. That action can also provide a feeling of less anxiety and greater relaxation.



## 4. Practice Meditation

The many benefits of meditation have many doctors recommending it as a great way to relieve stress. When we meditate, we inject far-reaching and long-lasting benefits into our lives, that include lower stress levels, getting to know our pain, connecting better, improving our focus, and we're kinder to ourselves. Doing some form of meditation daily can help deal with the everyday stresses of life, including dental appointments.

Meditation can be as simple as sitting in a calming and quiet state for five or 10 minutes, in a chair or with your legs loosely crossed on the floor. Feel your breath and be aware of sounds in the environment. If you lose focus just come back to feeling your breath. During meditation, visualize being in the dentist's chair, feeling calm, happy and in control. Hold this mental image for as long as you can.



## **5 -Use Herbal Remedies**

Herbal remedies have been found to be effective at reducing anxiety. Some of these remedies are homegrown. You may even have some in your garden. Some great examples are cilantro, lemon balm, peppermint, rosemary, passionflower, valerian, chamomile, and thyme.

Herbal remedies come in all forms: dried, chopped, powdered, capsule, or liquid, and can be used in various ways. They can come as supplements, brewed as tea, applied to the skin as gels, lotions or creams, and some can even be added to your bathwater. Consider using herbal remedies before your next dental appointment.

## **6. Get Medication**

If none of the above are an option or if anxiety is a chronic problem, consider talking to your doctor about anti-anxiety medications that can help. Taking medication even a few hours before your appointment could help your appointment go more smoothly with less stress.



Never let your health suffer due to fear. If you have severe dental anxiety or are afraid to go to the dentist, it's best to take the necessary steps now to prevent worsening health symptoms later.

Visit Oceanic Dental in Huntington Beach and Fountain Valley. Dr. Pham and her team are committed to providing you with the best dental care possible. Our staff focuses on maintaining a friendly, comfortable environment, and we make every effort to create a relaxing experience for you while you receive your dental treatment.

**Book a consultation with us today**, so we can get you that peace of mind that comes with having a beautiful, awesome smile. We look forward to meeting you on your next visit.

### **Locations:**

Huntington Beach  
16052 Beach Blvd Suite 112  
Huntington Beach, CA 92647  
(714) 841-0203

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