

How to Have a More Relaxed Dental Visit

Do you feel uneasy and uncomfortable when you go to the dentist?

Here are a few suggestions that might help you to better relax and enjoy your visit.

- ❖ Make Dr. Amie Rockow-Nelson and the dental staff aware of your feelings; let them know you have a feeling of uneasiness.
- ❖ Try making your appointment when you can be less rushed and will not have to worry about leaving from work early.
- ❖ Be sure to get a good night sleep before you come in and eat a small meal before your appointment.
- ❖ Try wearing comfortable, loose fitting clothes.
- ❖ Make a signal before you receive treatment with the dental staff, such as raising your hand if you start to feel uncomfortable or you need a break.
- ❖ To help better enjoy your visit, bring some kind of headset music device and your favorite relaxing music.
- ❖ Try visualizing a relaxing moment, like your favorite vacation spot and focus on it during your treatment.
- ❖ You can also talk to Dr. Amie Rockow-Nelson about different types of medication to help you relax. Dr. Amie Rockow-Nelson is here to help you feel more comfortable and enjoy your visit.

What do we have at our office to help you relax?

- We offer free sterile toothbrushes whose bristles are impregnated with toothpaste, if you want to brush prior to treatment.
- Enjoy yourself even before you get to the dentist chair, with our complimentary coffee, tea, juice, bottled water, and cookies.
- Relax in the exam chair while you listen to your favorite CD or listen to our relaxing music on our headphones.
- Feeling a bit cold? Warm up under one of our nice blankets while you are being treated.
- You won't find any foul smells in this office. We have aromatherapy.
- Tired of staring at the ceiling while receiving dental care. Bring in your favorite DVD or use one of ours and watch it on one of our chairside monitors.
- Enjoy a nice hand dip in our paraffin wax dip.
- We also offer many relaxing amenities such as, an eye pillow, back pillow, warm lavender bunny, or a heated neck pillow.