



Hot Topics

THE PANKEY INSTITUTE - ONE CRANDON BLVD. - KEY BISCAYNE, FLORIDA 33149

DEALING WITH DENTAL ANXIETY

Millions of Americans suffer from dental anxiety; some tough it out and see their dentist anyway, while others often ignore their oral health for years. But there are many ways to relieve this anxiety and get the complete care necessary for good oral health.

First, relate your fears to your dentist. If your dentist has been Pankey-trained, he or she will likely listen carefully to your concerns and take them seriously. Tell your dentist exactly what about the visit provokes anxiety for you. Is it the sound of the drill? The anticipation of pain? The smells in the office?

Ask your dentist to fully explain each procedure and to keep you informed as he or she does the work. Focus on your breathing, making it regular and slow. Before your appointment, avoid caffeine and eat high-protein foods.

Finally, be sure you're seeing a dentist you can trust. Dentists are familiar with the problem of dental anxiety and should be willing to work with you on your particular fears. If he or she seems unwilling, find another dentist.

Many advances have made dentistry comfortable and quite painless. Working through your fears and finding a dentist you can trust will allow you to take full advantage of today's standard of complete oral care.
