

# YOUR ORAL HEALTH

MAKE YOUR TEETH LAST A LIFETIME

## TIPS FOR A CALM VISIT TO THE DENTIST

**Are you skipping dental visits because it makes you nervous? Be careful.**

Avoiding checkups can lead to problems like tooth decay and gum disease.

Follow these tips to help you feel more positive about your next visit to the dentist.

### Talk about your worries

Tell your dentist what makes you nervous. They can explain things clearly and help you feel more in control. You can even agree on a hand signal to pause if needed.

### Bring a friend

- Having someone with you can make you feel safer and more relaxed.

### Try to relax

- Take slow, deep breaths.
- Imagine a peaceful place.
- Tense and relax different muscles groups to ease tension.
- Bring headphones and listen to music or a podcast.

### Ask about sedation

- Your dentist can suggest the best sedation option to help you stay calm.

### Start small

- Begin with a simple checkup or cleaning. It is quick and usually painless.

### Reward yourself

- Plan a fun activity after your visit.

### Take care of teeth at home

- Brush twice a day ~ in the morning and before bed.
- Floss at least twice a week.
- Limit sweets, sugary foods, and sugar-filled drinks.
- Rinse your mouth with water after every meal or snack.
- After brushing teeth at night, do not eat or drink anything other than water before going to bed.

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