

# FEAR OF THE DENTIST?

*Please take a copy - pass on to a friend in need!*



Call us today on 01295  
709 500

Here's how to beat the barriers?



It is not uncommon for people to have such bad dental phobia that they haven't seen a dentist for years. We often hear from someone in their twenties or thirties or even older who hasn't been to the dentist since childhood.

The good news is that we understand your fears.

With a combination of kindness and gentleness we can do a lot to make dental treatment stress free: read on to find out about our approach...

# Fear of the Dentist?

## HERE'S HOW TO BEAT THE BARRIERS?



DR EDVINA MUKSINOVIC

### Tip No. One

Come and visit our surgery to have a look around, meet the receptionist team and have a chat with me and see our relaxed environment. Tell the receptionist that you're anxious so we'll know beforehand. You'll always get a warm reception – we'll make time for you. And your first appointment with your Dental Treatment Coordinator is free. And I specialise in all forms of sedation so we can chat about that, too.

### Tip No. Two

We'll do our best to find you an appointment early in the morning so you have less time to dwell on it. That first appointment will simply be a check-up with me so don't worry that you'll be launched into having any actual treatment done. And to take away some anxiety we offer all new patients 35% off their first dental check-up examination – including any X-rays. See this first visit as your chance to get to know us and find out what we can do for you – there is no further commitment to any treatment on your part either! (Although we also offer new patients 15% off that first treatment).

### Tip No. Three

By all means bring a friend with you to any of your appointments. We won't mind if they accompany you throughout the check-up or treatment.

### Tip No. Four

During any time, check-up or treatment, we can agree a sign with me to signal that you need a break and want me to stop. It can be as simple as pointing your finger; this will help you feel more in control.

### Tip No. Five

If you think it will help, start gradually with a clean and polish then work up to more extensive treatment if you want it once you've built up trust and rapport with us – we'll go at your pace.

### Tip No. Six

While we play music in the background, bring a personal stereo with you to listen to your choice during your visit. It may help you relax.

