

## **Having Trouble Getting Numb**

The following factors seem to affect how local anesthetics work:

### **Medications:**

Any thing that speeds up the bodies' metabolism, & blood flow such as Decongestants or Antihistamines containing Decongestants. Also watch out for Diet products. Caffeine should be eliminated from your diet for 24 hours prior to the visit, even small amounts if you consume on a regular basis

### **Supplements:**

Especially Antioxidants such as vitamin C should be discontinued 24 – 48 hours prior to your visit.

### **Anxiety**

Tell us about your fears. We will plan treatment around your concerns. Schedule your dental visit for a time you don't feel stressed. Get a good night sleep before your appointment. On the day of your appointment limit extra activity, such as trying to get a days work done in the hour before the dental appointment. If moderate dental anxiety is an issue try to schedule your appointment early in the day