

Preparing for your Dental Treatment

Everyone prepares for their dental visit differently. Here are some helpful hints to make your upcoming visit comfortable

Dental Anxiety

1. Tell us about your fears. We will plan treatment around your concerns.
2. Schedule your dental visit for a time when you don't feel rushed or under stress.
3. Bring along a close friend or family member to help put you at ease.
4. Try to identify why you feel anxious, and discuss your feelings with a supportive friend. Doing so will help you better understand and control your anxiety.
5. Get a good night's sleep the day before your appointment, and dress comfortably for the appointment.
6. To help you stay in control a stop signal can be established, rest breaks or shorter appointments can help.
7. Visualize yourself feeling comfortable and confident. Such mental rehearsing can influence your actual feelings and behavior.
8. Practice relaxation techniques such as deep breathing and progressive muscle relaxation.
9. Ask questions about procedures and discuss treatment options with our staff.
10. Once the dental visit is over praise, and reward yourself for a job well done!

Avoid products & Activities that can speed up your Metabolism

1. Have a restful sleep the night before your visit
2. Don't try to cram a days worth of work in the hour leading up to the dental visit
3. If you are in the habit of consuming caffeinated products on a daily basis even though it may only be a cup or 2 of coffee or tea, the chronic use may interfere with local anesthetic to function properly. Discontinuing caffeine products may be wise especially if you had a tough time getting numb in the past.
4. Discontinue weight reducing products & certain daily supplement products we have seen can affect how well novacaine works
5. We have found that discontinuing these products for 24 to 48 hours prior to your dental visit will give you the best results

Nutrition

Vitamin C - This supplement is an antioxidant, detoxifying oxygen free radicals. In some individuals vitamin C can affect they respond to dental anesthesia. In some, the anesthetizing effects are dissipated more quickly than desired, while in others the anesthetic does not work at all. Therefore, as a general guideline, do not take any vitamin C for 12 hours before your scheduled dental appointment. This may apply to other antioxidants such as CoEnzyme Q10 & Lipoic Acid

Vitamin B1 - Research has shown that vitamin B1 is capable of reducing pain that may be associated with routine dental operative procedures. Take 200 - 500mg 1 hour before your dental appointment. Increased dosages may be used the following day if symptoms persist.

Nitrous Oxide (laughing gas)

If you are interested in using this mild sedative to help your dental visit be more comfortable use the following recommendations to help

- Make the meal you have before you come in for the visit be light.
- Avoid Milk products 6 hours before the visit