

Make a Plan

Your Relaxed Dental Visits Appointment Checklist



Relaxation is something you can choose for yourself. Feeling relaxed is much easier when you set aside avoidance, by actively taking care of yourself.

1. Attitude is your first asset. When you act committed to taking responsible action regarding your dental care, you are more than half way there. Your teeth are important to you.
2. Awareness is your second asset. As soon as you become aware that your teeth or gums need any kind of dental attention – the time to act is immediately. Book your appointment with the dentist or hygienist right away.
3. Ask the receptionist all the questions you need to: does their office 'direct bills' if you have insurance, or provide a payment plan if you do not? Do you need to bring any paperwork with you on the day? Preparing ahead, keeps your appointment day running calmly and smoothly.
4. Check your timing. Allow time for unexpected weather or traffic delays. You can chat with the receptionist or review the patient relaxation details of the **Relaxed Dental Visits** folder in the reception area if you are early.
5. Be prepared, by bringing a **written list** of the questions or concerns you want to address with your dentist. Be sure you get clear and complete answers before proceeding with dental work. Get all the details, including the full costs and time frame required for your treatment(s). Ask if there are any alternatives appropriate for you.
6. Ask more questions! Be flexible with yourself. If you are having any thoughts which do not feel good to you... give yourself permission to speak up right away to ask questions, or state your concerns or desires. By communicating clearly with your dentist, you'll feel happier with yourself and your dentist, when your appointment is complete.
7. **Confirm your dentist is aware of the hand signal for: Stop working please! The hand signal is you raising your hand like a stop sign, near your mouth.** Use this simple hand signal at any time you feel the need to. Within the Relaxed Dental Visits program there are also **two hand signals the Dentist or Dental Hygienist may use to get your attention or co-operation, while your eyes are closed:**
 1. A touch on the top of your shoulder indicates your dentist wants your attention for a moment.
 2. A gentle touch on your chin indicates a reminder to relax your jaw to open once again.
8. Recognize that your dentist and his/her team are on your side. Your dentist completed extensive professional dental training. Your dental team is here to help you by following the agreed upon plan of dental care. They care about your dental health and wellness, and are providing the very best of dental care for you.
9. Think over these optimistic phrases in regard to your dental visit(s).
 - Planning and attending my dental visits is getting easier and easier for me.
 - I am clearly and easily communicating my questions and wishes to my dentist.
 - I like seeing my teeth, cleaner, whiter and brighter.
 - When I see myself with my healthy teeth and smile, I feel good about myself.
 - I imagine myself comfortably and easily using self-hypnosis relaxation.
 - My natural inner resources are perfect for getting the best results from self-hypnosis.
 - I imagine myself feeling calm and relaxed during my dental visits.
 - I calmly breathe in and breathe out, relaxed, knowing I am taking care of myself in specific helpful ways.
 - I am feeling a growing sense of accomplishment and satisfaction as my dental visits are completed in a calm and relaxed way.
 - Deeply relaxing now, is a choice I am happy to make and use for my own benefit.

Book your appointment today.

Relaxed Dental Visits audios will be there to support you in the dental chair.