



May 2009 Newsletter

## Anxiety and Dentistry

Most patients feel some degree of anxiety prior to any dental or medical visit. It is normal feel anxious. Our anxiousness stems from the unknown, usually fueled by a story we heard from a relative or a friend regarding a negative dental experience. We tend to think about dental and medical visits the night before, and some of us get an uneasy feeling the day of the visit.



But take a minute to think about this, everyone you know has had many comfortable dental visits, but usually do not tell you about it. Moreover, with the great advances in dentistry, dental

procedures are faster, more conservative, and more comfortable. If your dental anxiety keeps you awake at night or may cause you to delay your dental care or cancel a dental appointment, talk to us about it. There are many great options that dentistry can offer, from an early relaxing dental appointment to anxiety reducing pills and dental sedation at the office.

Try to schedule your visits early in the day, you will have more energy, and you won't spend the day thinking about the dental visit. Avoid caffeinated drinks before a dental visit as they may increase your level of anxiety. Alcoholic drinks are a bad choice too, since they lower a person's pain threshold.

Our dental office is committed to creating a pleasant comfortable environment for every patient. If it has



**We Value Your Trust**  
Click [here](#) to refer family and friends to our office

[Click to Request an Appointment](#)

57 Codjer Lane  
Unit3 -  
sudburydmd@verizon.net  
Sudbury, Ma 01773  
**(978) 443-3992**  
**Mon** 7:30 -5  
**Tue** 7:30 -5  
**Wed** 7:30 -5  
**Thu** 8-7  
**Fri** Closed  
**Sat** 8-1  
**Sun** Closed

been more than six months since your last dental check-up, call us to schedule a visit.

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