

How To Avoid Anxiety Going To The Dentist!

Your Quick Guide To Have a Relaxing Experience And Great Oral Health!

Do you cringe at the thought of going to the dentist and having your teeth cleaned and checked?

You are not alone. Studies from "[Medical Principles and Practice](#)," indicate that dental fear and anxiety "affect approximately 36% of the population, with a further 12% suffering from extreme dental fear."

While many cases evolve from childhood traumas, previous negative experiences, genetics, and other issues, it is possible to reduce your anxiety. After all, regular dental visits are essential for both your oral and overall health.

You can help prevent issues from turning into major, and costly, dental treatments later on, have a whiter smile, and enjoy healthier gums and teeth to look and feel your best.

Most important, you can check for EARLY signs of oral cancer, heart diseases, and other major issues that can be life-threatening if they progress further!

How to Avoid Dental Anxiety In 3 Steps.

1. Check For Proper Credentials.

Before you make an appointment with a dentist, conduct research. Ensure that the dentist you are going to see is qualified and has the appropriate licenses and experience.

To legally practice, dentists need specific requirements pertinent to the state you live in. They must have a degree as a DDS (Doctor of Dental Surgery) or a DMD (Doctor of Dental Medicine) from a university that is accredited by the [Commission on Dental Accreditation](#).



Plus, they must have a state license to practice dentistry and an educational requirement with a written and clinical exam. Additional requirements are necessary for specialists in orthodontics, maxillofacial surgery, and other areas. Dentists can also choose to become board certified in their practice specialty.

To find a new dentist, you can start with the free, American Dental Association®'s "Find-a-Dentist® Tool at <https://findadentist.ada.org/> or check with your insurance company.

Next, take a look at the dentist's website and reviews to see if they fit *your* specific needs. You can get a better understanding of their specialties, case studies, results, and additional information.

2. Look for the Latest Technology.

Dental technology has advanced significantly in the last few years to provide faster, pain-free treatments. When researching a potential dentist, check to see what kind of technology is available in their office and their expertise and knowledge of using the latest equipment, software, programs, and more to diagnose and treat patients.

For example, look for a CBCT Machine. The most sophisticated dental offices use this new, 3-dimensional radiographic imaging technology. This machine provides much more detailed



results over older, 2D technology so that the dentist can pinpoint your specific issues and provide the appropriate treatment.

Also see if the dentist uses new technology such as:

- **3D Scanners** – Take digital molds of the mouth that are very specific;
- **Digital X-rays** – Offer low radiation and high-quality imaging;
- **Intraoral Cameras** – Take high quality, color photos of teeth;
- **Virtual Smile Design** – Use advanced technology to instantly design a smile makeover;
- **Virtual Ortho Simulator** – Provide instant simulation of final ortho results; and
- **Airway Analyses** – To assess oxygen intake and diagnose potential sleep apnea.

This way, you'll know which dentists use the latest technologies to help shorten your time in the office and make your treatments and recovery pain free and cost-effective.

3. Talk to Your Dentist.

Once you find some potential dentists, call their offices and ask questions. Learn more about their processes and tell them about your dental anxiety. See what they say and how they can help you.



Dr. Michael Massoud and Dr. Peter Mikhail

Then, when you make an appointment, talk to your dentist. Tell them how you feel.

You may find that your anxiety originates from a rumor you heard online or in the media that is completely false. Your new dentist can help calm your nerves and turn your dental visit into a relaxing, pain-free experience.

It's time to overcome your dental anxiety and enjoy the best oral and overall health possible!

Going to the dentist is just part of life and taking care of yourself. While having a beautiful smile makes you look and feel wonderful, regular dental check-ups and cleanings are essential for good oral health and to prevent major health issues in the future. With the latest technological advancements, you can experience faster, pain-free treatments with excellent results.

Before you know it, you'll be in and out of the dental office in no time and wonder why you were ever nervous in the first place!

We are here to help you feel and look your best!

The SiRa Dentistry Team



**Contact us to schedule your appointment today by calling
(732) 454-7472 or scanning this QR code:**



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