



## **TIPS FOR RELAXING AT THE DENTAL OFFICE**

- Sharing your fear is one of the best ways to overcome dental anxiety is good communication between you and Dr. Zaugg. Also, when you feel informed, your anxiety also decreases.
- Focus on breathing regularly and slowly. This helps reduce stress levels.
- Listen to music. Bring your earphones and listen to your favorite calming music
- Avoid caffeine before a dental appointment and eat high protein foods, as they produce a calming effect.
- Use hand signals to communicate with Dr. Zaugg when you start feeling uncomfortable.
- Choose an appointment time when you are less likely to be rushed or under pressure.
- Educate yourself about the procedure so you know what to expect. Visit our website, [www.LongLiveYourSmile.com](http://www.LongLiveYourSmile.com) and find the procedure under the dental services tab.

## **How we at Dr. Spencer Zaugg, Family & Implant Dentistry help you with your dental anxiety?**

- We designed our office to have a calming environment.
- We have caring staff that make sure you are comfortable during your appointment.
- We answer any questions about treatment, insurance and payment even before you schedule your next appointment.