

EASING DENTAL PHOBIA AND ANXIETY CHECKLIST

Fearful about going to the dentist? This checklist may make your visit less stressful.



Communicate your fears

Let the dental team know ahead of time that you are fearful about your appointment, so that they can make an effort to make you more comfortable.



Stay informed

Ask the dentist and hygienist to explain step by step what they are doing during your appointment. Ask them if they have a flyer explaining the procedure, or if they can write it down.



Take breaks

Agree with your dentist and hygienist on how you can indicate that you need a break to catch your breath or swallow during the procedure, for example by raising your hand.



Use distractions

Ask your dentist if they can play music to help alleviate your anxiety, or play your own music. If the sound of the drill makes you nervous, noise-cancelling headphones or ear buds may be a good solution.



Schedule morning appointments

Get a good night's sleep and consider scheduling your dental appointments earlier in the day so you won't spend the whole day stressing about how your dental visit will go.

(see other side) 

HOW TO PREPARE FOR YOUR DENTAL APPOINTMENT

Here are five tips to help you have a successful dental appointment:



1. Write down your questions and concerns

Write down all questions and concerns you have about your teeth and mouth before your visit, so you won't forget them while at your appointment.



2. Confirm your appointment

The dentist office will call or text you 24-48 hours before your appointment to confirm the appointment. Be sure to respond.



3. Arrive early and have your information ready

Make sure to arrive about 15 minutes early so you have time to complete any necessary forms. You may be asked for your address, phone number, email address, insurance information, and other details. Please bring your photo ID and HUSKY Health card.



4. Provide a list of all medications you are taking

Your dentist must know all the medications you are taking, including over-the-counter medications even vitamins and herbal supplements. Bring a list of your medications and supplements to your appointment, or the actual medications if you don't have a list.



5. Let your dentist know if you're anxious

If you are anxious about the appointment, talk to your dentist and hygienist. Many other patients have the same fears as you do. Your dentist and hygienist know how to make you less anxious during the appointment.

ADDITIONAL RESOURCES

If your dental anxiety is severe, consider talking to a mental health professional before seeking dental treatment.

HUSKY Health members can connect to a therapist through the CT Behavioral Health Partnership (www.ctbhp.com) or by calling 1-877-55-CTBHP (1-877-552-8247) TTY: Dial 711

Our mission is to enable all HUSKY Health members to achieve and maintain good oral health. We work to ensure all members have equitable access to oral health services.



www.ctdhp.org