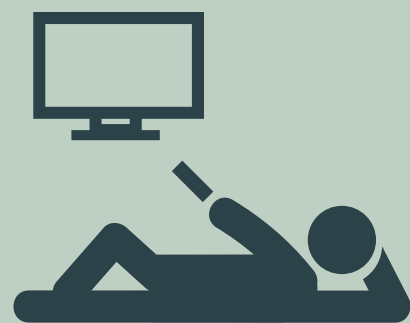


OVERCOMING DENTAL ANXIETY AND FEAR

DON'T WORRY; YOU'RE NOT ALONE.

Dental anxiety is common. We're here to answer any questions you might have, and we can adjust our care to meet your needs.



TAKE ADVANTAGE OF OFFICE AMENITIES.

It's easier to stay relaxed when you feel like you're at home or at a spa, rather than at a dental office.



BRING ALONG A FRIEND OR RELATIVE.

Having someone you trust sit with you through your appointment can help calm your nerves.



CONTROL YOUR BREATHING.

Focus on taking deep, slow breaths so you can steady your heart rate and relax your muscles.



CONSIDER SEDATION DENTISTRY.

Ask which sedation techniques are available and appropriate for you. We can find an option to set you at ease.