

# Dental Anxiety

Being anxious about visiting the dentist is really common, and can be a big barrier to taking care of your oral, and overall health.

Here are some tips to help you overcome your worries, provide reassurance, and empower you to feel more in control and at ease before, during, and after your appointment.

## You're not alone



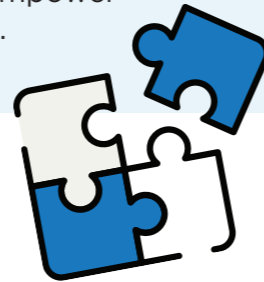
**44%** of the UK population fear the dentist

**76%** of the UK population fear the dentist

**3%** of people have never visited the dentist

## Idea

### Work out your fear



Think about the origin of your dental phobia to understand how it occurred. Dental fear often stems from childhood experiences, and this could help you to understand and dismantle the fear, as well as point to ways to overcome it.

## Tip

### Before your visit



Imagine yourself sitting calmly in the dentist's chair and practice sighing deeply. Sighing releases calming alpha waves, similar to those experienced during mindfulness and meditation. Sighing can also act as a psychological reset for the brain. We naturally sigh when something is over, so this tricks our brain into thinking that the task or problem is over before it even starts.

## Idea

### Before your visit



Ask if you can visit your dental practice before the appointment to get used to the environment. The team will be able to offer ideas and suggestions to make things easier.

## Tip

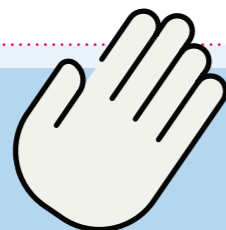
### During your visit



Think about happy memories and your best achievements. Immerse yourself in those positive feelings while gently pinching either side of your thumb nail with the thumb and index finger of your opposite hand. Practice this technique in advance and combine it with controlled breathing.

## Idea

### During your visit



You can agree on a signal to use if you need the team to stop, such as raising your hand, so that you feel in control.

## Who's afraid of the dentist?

**50%**

of people in Bristol

**50%**

of people in Cardiff

**47%**

of people in Edinburgh

**47%**

of people in Sheffield

**40%**

of people in Belfast

**Liverpudlians** are the most afraid of visiting the dentist

**People of Plymouth** are the least afraid of the dentist



**62%**

of people have a family member who is anxious about going to the dentist

**36%**

of those people said that made them fearful of going to the dentist

### Top 3 symptoms of dental anxiety

- 'Uncomfortableness'
- Racing heartbeat or palpitations
- Sweating

### Top 3 causes of dental anxiety

- 33.45%** A bad experience in the past
- 25.45%** Childhood experiences
- 24.66%** Generalised anxiety

## Remember

Dentists and dental professionals choose their careers because they are passionate about helping people. Your dentist will be committed to providing you with the highest quality care. Their goal is to ensure that your visit is safe, painless, and as positive as possible.



JAAQ

As part of our continued partnership with mental health platform **JAAQ (Just Ask A Question)**, we've created videos featuring our dental experts to answer a range of questions about dental anxiety and provide reassurance. Scan here to find out more.