

Dental Anxiety

Consumer information



Dental fear can be overcome

- Fear is a learned behaviour which can be reversed
- It is important to feel comfortable talking with us about your fear
- A team approach between you and your dental team delivers the best results.

Don't be embarrassed

- If you have been nervous and worried in the past
- If you are uncomfortable about your present dental condition
- Speak honestly and give your dental team a chance to understand your concerns.

Communicate

- Ask questions
- Be honest about what you can cope with
- Let staff know you will raise your hand if you want a short break
- Ask your dental team about pain control
- We will listen to you
- We will treat you as a whole person and not just your teeth.

Relax

- Wiggle your fingers or toes
- Breathe slowly and picture in your mind a happy place
- Listen to music on your electronic device with earphones.

We have clinics at Wollongong, Dapto, Warilla, Kiama, Nowra and Ulladulla.
Call **1300 369 651** to make an appointment with our family friendly staff.
A current Health Care Concession Card and Medicare Card is required.

Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.