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# OVERCOMING YOUR FEAR OF THE DENTIST

6 Steps To Give You Something to Smile About



Talk to your dental team about your specific fears



Distractions like music, podcasts or videos can be very effective



Remember that many dental procedures are now relatively pain-free



Ask about medications that can help sedate or relax you during the visit



Establish control through hand signals so your dentist knows when to stop



Deep breathing during unpleasant moments can be calming

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