

I always tell people I enjoy having a child from a very young age come into the practice, because then I have a clean slate of which to mold the child's impression of dentistry without having to deal with the psychological scars that some of us baby boomers grew up with. It is not at all uncommon for people to have fears coming to the dental office. For many of you, the fears are so heightened that it is nearly impossible to walk in the door. I am reminded of a lady, who not too long ago, was finally able to walk in the door just to talk about relaxation dentistry. She had to desensitize herself by simply driving in and out of the driveway a number of times. Some of the ads on the radio play on this very common fear of going to the dentist as the ad reads, What's your least favorite thing to do in the world?...Have a root canal! Or some sick joke like that.

The good news is modern techniques and medications have allowed us to safely and pleasantly provide dental care in a way that you, the patient, can comfortably sit and have long procedures done and leave with nearly complete amnesia that you have been to a dental office. The technique involves taking a pre medication of an oral drug that is specifically dosed and selected for you. There are a few excellent medications available, some of which can help one feel very relaxed in coming to the office and literally allow you to not remember the appointment or what was done when it's over. Usually these oral medications are combined with nitrous oxide (laughing gas) to safely enhance the relaxation of the oral medication.

Most of you that are already in the practice and have these fears have been offered these medications. It is always surprising to me that after a short period of time, almost always, the fears we grew up with diminish after experiencing the changes in dentistry and many times, much less medication or no medication is necessary. If you, a friend or family member have these classic dental fear symptoms, have them call the office for a consultation regarding relaxation therapy.

Today is the first day of the rest of your life.