Calm, Comfortable Care

MANAGING DENTAL ANXIETY IN EVERYDAY PRACTICE

LM feel the difference

Dental anxiety is common, but small changes in how we work can make a big difference to our patients' experience.

REMEMBER:

Anxiety management is not only communication – it is the entire clinical experience.

THE REALITY

42%	of adults report moderate dental anxiety
12%	experience extreme dental anxiety
28%	feel very anxious about drilling
25%	feel very anxious about injections
11%	reported high anxiety around periodontal appointments compared with 28% for 'drilling'.

Adult Oral Health Survey 2021 – Service Use and Barriers to Accessing Care

WHAT DO ANXIOUS PATIENTS FEAR?

- Pain
- Loss of control
- Noise
- Embarrassment
- Trauma memory

CREATE A CALM, PREDICTABLE EXPERIENCE

PACE
Work at a calm, steady pace. Rushing increases anxiety.

CONFIDENCE
Confident, smooth technique reassures patients.

ERGONOMICS
Good posture and positioning improve patient comfort and reduce your tension.

INSTRUMENTATION
Sharp instruments and the right choice reduce pressure and discomfort.

PREDICTABILITY
Explain what you're doing and what will happen next.

EFFICIENCY
Efficient, effective treatment means shorter, more comfortable visits.

REDUCE THE 'MICRO-STRESSORS'

- "Scraping" sensations
- Repeated instrument changes
- Clinician hesitation
- Blunt instruments
- Excessive pressure
- Long appointments
- Awkward positioning

Small changes reduce anxiety and improve the experience for both patient and clinician.

MY TOP INSTRUMENT CHOICES FOR ANXIOUS PATIENTS



NV1
For supragingival calculus removal from anterior surfaces and interproximal areas.



LM23 Slim
Efficient and gentle anterior and posterior instrumentation with excellent access.



Micro sickle
Delicate working end for tight interdental spaces. Ideal for anterior and posterior use.

COMMUNICATION DURING TREATMENT

"YOU'RE IN CONTROL"
Empower your patient to take breaks or signal when needed.

"YOU'RE DOING GREAT"
Acknowledge their efforts and build their confidence.

"I'LL TELL YOU WHAT I'M DOING"
Keep the patient informed before you do something new.

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