

Contemporary Dentistry, PLLC

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Dental Fear Screening Information

Do you get sweaty palms just thinking about going to the dentist? Do you feel strange or different because you have a great fear of dentistry? Don't worry – you have lots of company! Studies show that 50% of the population avoids the dentist, usually because they are afraid. In our office, we will try to help you to overcome your fear. We care very much about every fearful patient who has had a bad dental experience. You may be surprised that today's dentistry can be compassionate and caring. There are many things that can be done for the person who has fear of dentistry. To allow us to better understand the source of your fear, please help us by answering the next few questions.

1. As a child, did you ever have a bad dental experience? If so, please describe it.

2. As an adult, did you ever have a bad dental experience? If so, please describe it.

3. Are you afraid of needles? If yes, please tell us why.

4. Are you afraid you may be hurt during the "drilling"? Please explain.

5. Does the sound/noise of the drilling bother you? _____
Did you know that you can wear headphones during the dental procedure to eliminate this noise? Would you like to try this? (There is no charge for this service) _____

6. Did you know that a novacaine injection can be relatively painless? _____
By applying a cream on the gum before injection, the surface of the gum becomes numb so that you don't feel the needle. By injecting the novacaine slowly and gently, you feel a small amount of pressure and that is all.

7. Does the swollen, numb feeling in your lips and tongue bother you? _____
If so, we can use, in certain situations, a special syringe which will numb only your tooth and leave your lip and tongue feeling normal.

8. What are your greatest fears about dentistry?

#1 Greatest fear _____

#2 Greatest fear _____

#3 Greatest fear _____

If you have any other fears or concerns, please tell us. We'd love to help you. We make every effort to provide dental treatment in a relaxed, caring environment. If you have additional questions or comments, please jot them below.
