

Patient Comforts Menu

Please review this list of relaxation/distraction aids and check the ones you might like to use. We will be able to discuss them more in depth, if necessary, when we go over your treatment plan.

- Being able to signal or communicate with the dentist during procedures
- Explanation of procedures as we work
- Sunglasses
- Lip Balm
- Scented, warm towelette (please circle: lavender or lemon)
- Neck pillow
- Verbal Relaxation prompts: Mindful breathing reduces the flight or fight response and sends a signal to the brain that you are not in danger.
- Bite Pillows: rests on the teeth to relax the jaw
- Ceiling Mounted TVs: Lay back and watch your favorite shows...
- Music/Headphones: Use our noise canceling headphones to play your favorite music, relaxing sounds, or podcast.
- Stress ball: Squeeze away tension and keep restless hands busy
- Bilateral Stimulation Wristbands: Using gentle, alternating vibrations, these wristbands provide a gentle, alternating vibration that affects the brain and alters the body's stress response to restore calm.
- Aromatherapy/essential oils: An anti-dental anxiety essential oil blend that calms nerves
- Weighted blanket or weighted sleep mask (please circle one or both): The gentle pressure of the blanket or mask is shown to increase the body's production of both melatonin and serotonin, which give a calming sensation.
- Laughing Gas (Nitrous Oxide): Although it won't actually make you break out in a fit of giggles, its calming and relaxing effects work wonders for relieving tension and anxiety.
- Other (please specify): _____
- None: No thanks, I prefer not to use any relaxation or distraction aids.