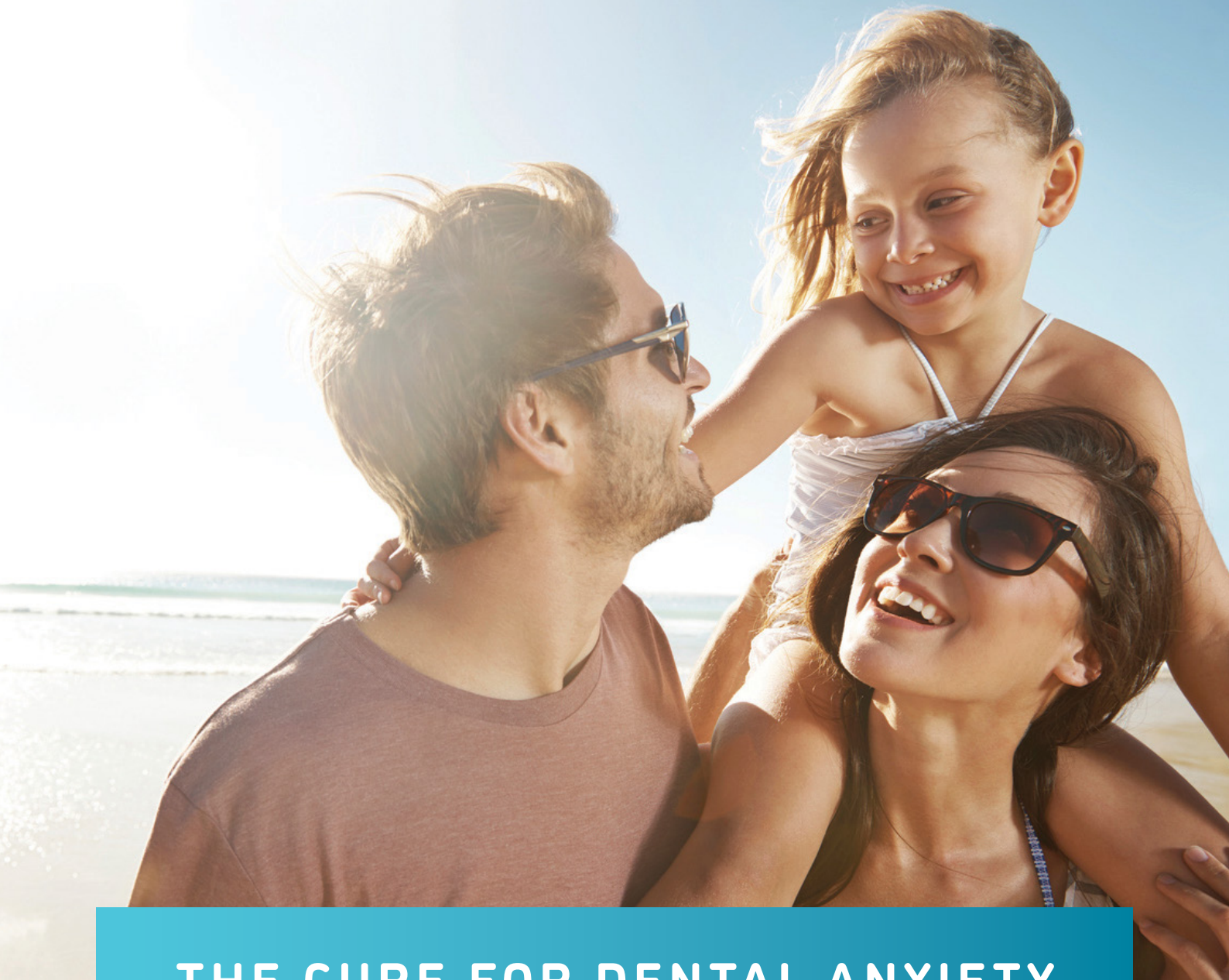




**NORTHSIDE**  
DENTAL SOLUTIONS



## THE CURE FOR DENTAL ANXIETY

GENERAL, PREVENTATIVE, COSMETIC & CHILDREN'S DENTAL

[northsidedentalsolutions.com.au](http://northsidedentalsolutions.com.au)



## PAIN-FREE DENTISTRY SHOULD BE THE NORM, NOT THE EXCEPTION

### DENTAL ANXIETY

**Nobody really wants to go the dentist. Why is that? Why wouldn't people want to get better, feel better and look better? There are two main reasons: cost and bad past experiences. The cost side can't be completely helped without government policy change, although we as dentists can make dentistry as affordable as possible with proper systems and payment plans. On the other hand, undoing previous bad experiences is something we can change. Here's how:**

Dentistry has changed enormously and is continuing to change. Dentists no longer speak down to patients, judge them, rush them or hurt them. We approach dentistry in a holistic, collaborative way which is refreshingly open and optimistic. We have all the time in the world to help you so you will never feel rushed. We have developed techniques and equipment to minimise pain. We work with you to achieve your health goals and head to the finish line together.

### WHY ARE WE SO INTERESTED IN RELIEVING DENTAL ANXIETY?

Along with cost, dental anxiety is the biggest barrier to dental health. If we are scared to go to the dentist, we won't pick up the phone in times of need. We won't show up to dental appointments. We will give up on our dental health and stop brushing our teeth and our health will deteriorate. If we can change the way that you view dentistry and banish the demons of the past, we know that you will look after yourself at home and go to the dentist when you need to without a worry. It is about helping you so that you can help yourself.

We have helped hundreds of very anxious patients at Northside Dental Solutions. We have worked closely with psychologists to develop anxiety management techniques and methods to deliver high quality dentistry in an easy way. We are patient, empathetic, understanding and gentle.

# OUTSTANDING, AFFORDABLE DENTISTRY

## PAIN-FREE DENTISTRY SHOULD BE THE NORM, NOT THE EXCEPTION

### SO HERE IT IS: THE RECIPE FOR THE CURE OF DENTAL PHOBIA!

#### INGREDIENTS

**TIME:** We are never in a rush. If we rush you, you will retain your fear and no progress will be made.

**LISTENING:** We may be the experts on teeth, but you are the expert on your body and how you feel. How can we possibly help you if we don't spend most of our time listening?

**UNDERSTANDING:** Listening leads to understanding. We aim to understand why you're afraid (whether it be fear of the unknown or a bad past experience) so we can do everything we can to relieve your fear.

**TRANSPARENCY:** The more you know, the less there is to be afraid of.

**EDUCATION:** You are the driver of your own health. We just facilitate the journey towards health.

**PATIENT CONTROL:** Once again, we are the facilitators, but you steer the ship. You are our boss.

#### METHOD

**CONSULTATION:** On your first visit to the practice, we sit down in a consult room away from the dental chair to avoid bringing up bad past experiences. We discuss your dental journey to date and what has led you to feel the way you do when visiting a dentist.

We will take as much time as is needed to hear your story before addressing some of your concerns in a non-judgmental, refreshingly open manner. We will discuss what we do at Northside Dental Solutions to cure your dental phobia and why it is so important for your health. We will run you through the process step by step so there are no surprises.

**EXAMINATION:** We try to spend as little time in the dental chair as possible. We will never ask you questions while our hands are in your mouth. We will always sit you up straight to talk to you. We will never speak down to you or ridicule you. Around 80% of our work towards your dental health is done away from the dental chair.

**DISCUSSION:** You are the driver of your own health. We want to educate you about your oral health so you can help yourself in the future. We call this 'Helping You to Help Yourself'. We pride ourselves on our transparent and open attitude towards dental treatment. By the time we finish talking, you will have full knowledge of the procedures needed, why they are needed, how they are performed, what to expect afterwards and a full written quote (with no hidden costs!).

**FACILITATION:** By this stage, you should hopefully be feeling empowered to maintain or improve your dental health. If any follow up treatment is needed, our friendly staff will organise this for you.

#### DENTAL SEDATION

We use dental sedation very rarely as 95% of our patients feel comfortable simply by following the recipe above. We do understand that some deep-seated fears take longer to overcome and that's why we offer all kinds of dental sedation to help you receive the treatment you need without having to worry about the procedures. We are fully qualified through the Dental Board of Australia to administer relative anaesthesia (happy gas).

**If you would like to more about this service, please contact us.**



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