

Dental Anxiety: Rethinking the Dental Experience

A calmer, more supportive approach to care — for the whole you.

For many people, visiting the dentist can bring up feelings of anxiety, fear, or simply a deep sense of unease. You're not alone—and there are ways to make the experience feel safer, more comfortable, and more supportive.

IT'S MORE THAN JUST

FEAR

Dental anxiety can show up in many ways.

Dental anxiety isn't just about being "nervous." It can show up as worry, feeling on edge, a racing heart, trouble sleeping before an appointment, or even avoiding dental care altogether.

For some, it's related to a past negative experience. For others, it may be linked to a sensitive nervous system, feelings of loss of control, or general anxiety.

Whatever the reason, it's real—and it matters.



FEAR
Feeling anxious or panicked



PAST EXPERIENCES
Previous negative dental visits



LOSS OF CONTROL
Feeling vulnerable in the chair



PHYSICAL SYMPTOMS
Racing heart, sweating, nausea



AVOIDANCE
Delaying or avoiding care



SENSITIVE NERVOUS SYSTEM
Heightened stress response

A DIFFERENT APPROACH

Before we treat teeth, we meet the human behind them.

A supportive dental experience starts with understanding your unique needs, concerns, and preferences. Taking time to listen and create a sense of safety and trust can make a significant difference—especially for those who feel anxious about dental care.



SUPPORTING A CALMER EXPERIENCE

There are many ways to feel more at ease.

Every person is different, and what feels supportive for one person may not be the same for another. Here are some approaches that can help create a calmer, more comfortable dental experience:



OPEN COMMUNICATION
Share your concerns and preferences



A CALM ENVIRONMENT
A soothing, respectful space



EXPLANATION AND CHOICE
Understand each step of the process



NERVOUS SYSTEM SUPPORT
Breathing, grounding and relaxation tools



GENTLE TECHNIQUES
Minimally invasive and comfortable care



A PATIENT-CENTRED APPROACH
Care that honours the whole you



THE BIGGER PICTURE

Oral health is connected to overall well-being.

Dental anxiety can sometimes make it harder to keep up with regular care, which may affect oral and overall health over time.

By creating a more supportive experience, we can help you feel more comfortable, build confidence, and take an active role in your oral health—at a pace that feels right for you.

A calmer dental experience is possible.

YOU DESERVE TO FEEL SAFE AND SUPPORTED

Dental care should feel respectful, collaborative, and centred around your needs—not just your teeth.

When we take the time to understand your story, we can make the dental experience feel more comfortable, empowering, and even positive.

Because healthier smiles happen in safer spaces.

