



Guri S.
Dhaliwal DMD

Cosmetic &
General Dentistry



Guri S. Dhaliwal, D.M.D.

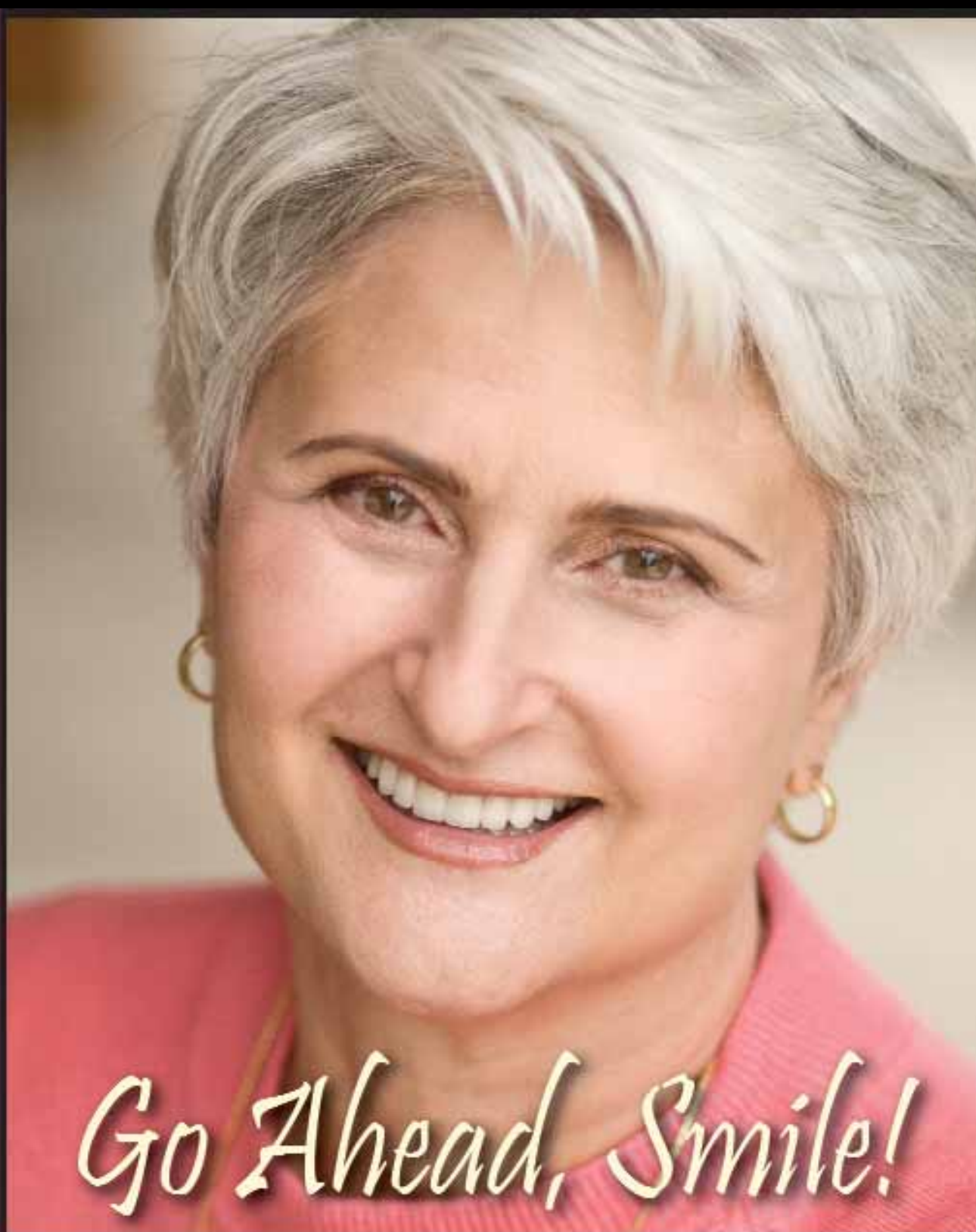
18080 San Ramon Valley Blvd.

Suite 108

San Ramon, CA 94583

(925) 244-9770

www.SanRamonSmiles.com



Go Ahead, Smile!

"I initially needed to have cracked and chipped teeth repaired. While in another local office I saw a brochure for Dr. Dhaliwal and decided that I wanted a bright smile like one of those shown in the brochure. After my procedure, I could not believe those teeth and smile were really mine - they looked fabulous. Friends and family were awed by how much it added to my looks with comments such as, "What a beautiful smile!!" and "You look so happy and pretty!" I love to smile now, and do it so much more frequently." ~ Kandace

Extraordinary Smiles, Exceptional Service

Call for your complimentary consultation today!

(925) 244-9770 • www.SanRamonSmiles.com

DR. GURI DHALIWAL, DMD

EASING DENTAL ANXIETY

When was the last time you visited your dentist? Has it been weeks, months...or years? The dental office may not always be your first choice when it comes to spending free time but there are some of you for whom the thought of going to a dentist creates heart palpitations, sweaty palms, and sleepless nights.

For more common concerns, many dental offices now offer amenities to help you relax; i-pods and headphones provide music of your choice to help minimize the sounds of the dental office, including the much dreaded drill. There are also video goggles or television monitors which allow you to tune into your favorite movie and tune out the sights around you. Aromatherapy or the use of scented candles minimize the sterile smell of a dental offices and warm blankets or neck wraps further aid in the relaxation of patients.

For those that need a little extra help, nitrous oxide (laughing gas) can ease your fears before and during procedures. There is also the use of oral and IV sedation for the most fearful patients. Oral or conscious sedation involves taking a pill, such as valium, to relax you before coming into the office. The benefits of this method are that the effects are felt immediately and last for a few hours. This option does require that you have an escort to bring you to and from the office. IV sedation is administered under the care of a licensed dentist or dental anesthesiologist. Under IV sedation, you can complete most or all of your recommended treatment in a single visit and because you are sedated, you will have no memory of your visit. There are medical conditions which could prevent you from taking

advantage of IV sedation so discussing your medical history with your dental care provider is critical. There is also an added cost in this method because the anesthesiologist will charge a separate fee for their services in addition to the fees charged by your dental care provider.

Alternative methods, such as hypnotherapy, are also options for those that prefer not to be medicated. Sessions with your hypnotherapist prior to your dental visits may ease your anxiety and allow you to have a stress-free visit without worrying about the effects of some of the methods discussed earlier.

However, one of the best ways to reduce anxiety is to get to know your dental team. Ask questions and become knowledgeable and comfortable about your treatment and what's entailed. The better informed you are, the less anxious you may be about your dental visits. Many patients who have used oral or IV sedation at prior visits may no longer need these aids once they gain confidence and trust in their dental provider.

Overall, there are many options available to you today to help ease dental anxiety. The most important factor is maintaining good oral health. Regular dental visits are important in diagnosing and treating any necessary problems that may arise. Delaying your recommended dental treatment can further compromise your health and ultimately prove to be more costly than taking care of issues as they arise. Don't let your prior experiences or fear of the dentist keep you from having the beautiful and healthy smile you deserve!