

# SMART MOUTH DENTAL

TAKING FAMILY DENTAL CARE TO THE NEXT DEGREE

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PLEASE CONSIDER THE FOLLOWING FOR YOUR DENTAL TREATMENT APPOINTMENT:

- EAT BEFORE YOU COME TO YOUR APPOINTMENT. THIS WILL HELP REDUCE SALIVA PRODUCTION DURING APPOINTMENT. YOU WILL ALSO BE NUMB WHEN YOU LEAVE POSSIBLY MAKING IT HARDER TO EAT.
- TRY TO AVOID CAFFEINE ON THE DAY OF YOUR APPOINTMENT.
- IF YOU ARE NERVOUS OF HAVE ANXIETY ABOUT DENTAL TREATMENT, SCHEDULE EARLY IN THE DAY.

## IF YOU HAVE HAD TROUBLE GETTING NUMB IN THE PAST YOU SHOULD ALSO...

- TELL THE OFFICE SO WE CAN SCHEDULE MORE TIME WITH YOU
- TAKE 4-6 REGULAR TUMS THE NIGHT BEFORE YOUR APPOINTMENT AND 4-6 TUMS THE MORNING OF YOUR APPOINTMENT
- DRINK PLENTY OF WATER

IF YOU HAVE ANY QUESTIONS, PLEASE LET US KNOW