

YOUR TEETH YOU ARE IN CONTROL

Message to Dentist

Step 1. Let us know how you feel about going to the dentist

1) This is how worried I feel on a scale of 1 to 10 where 1 is not being scared at all.

2) These are the things I am worried about:

3) This is how painful I think it might be on a scale of 1 to 10 where 1 is not being painful at all.

4) This is what I'd like to happen:

5) This is what I don't want to happen:

6) Things I plan to do:

- | | |
|---|--|
| <input type="checkbox"/> Play music or an audiobook | <input type="checkbox"/> Play a mind game in my head |
| <input type="checkbox"/> Imagine somewhere great | <input type="checkbox"/> Breathe and relax |
| <input type="checkbox"/> Squeeze a stress ball | <input type="checkbox"/> Do some maths in my head |

7) Things I want you to do:

- | | |
|---|--|
| <input type="checkbox"/> Talk to me | <input type="checkbox"/> Explain or show me what you are doing |
| <input type="checkbox"/> Tell me how long it will actually take | |
| <input type="checkbox"/> Other | |

Step 2. Let us know what your stop signal will be

8) Agree clear stop signals.

If you want your dentist to stop, you need a way to let them know. This might be something like lifting up your left hand when you feel like a rest or you need to swallow. If you agree this with the dentist before you start treatment, it makes things much easier if you need a break.

Sometimes if your dentist is at a key point it may be important they finish off before stopping. If so, you need to agree that they give an idea of how much longer is needed. That's the time to use one of your Tools.

MY STOP SIGNAL IS: -----

Agreed by Me (sign) ----- Signed by (my dentist) -----

Date ----- Date -----

Don't forget to take this message with you to your dentist next time you go.



You can write a new message each time you visit if you want.

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Step 3. Let us know how your visit to the dentist went

How did it really go?

When your treatment is nearly over, here are some questions that will help you give honest feedback. Your dentist will want that – so say it as it is. Think back on your experience and how things went. There may be things to ask your dentist to do differently next time - and now's the time to ask.

Here are some phrases you could use next time you talk to your dentist.

When you did this, it made me feel:

The best things that worked today were:

How painful actually was it on a scale from 1 to 10 where 1 is not being painful at all?

Feedback from your dentist. Ask your dentist to write how well they thought you did here:

Now, write down anything you don't want to happen again.

How worried might I be next time on a scale from 1 to 10 where 1 is not being at all worried?

So, what have you learnt?

Tick the things that work for you...

- | | |
|---|---|
| <input type="checkbox"/> Having a plan | <input type="checkbox"/> Using my Tools |
| <input type="checkbox"/> Writing a Message to Dentist | <input type="checkbox"/> Taking things step by step |
| <input type="checkbox"/> Using a stop signal | <input type="checkbox"/> Asking for clear information |
| <input type="checkbox"/> Having something to look forward to afterwards | |

Other: (write in)

You've done well

It's good to recognise that with a small reward. It's your choice – but be realistic. We're not talking a holiday abroad.

A treat might be to:

- Play your favourite game for an extra hour that evening
- Watch your favourite TV programme
- Stay up a little later tonight
- Choose your next meal
- Download a new app
- Buy some music

Not sweets or fizzy drinks 😊

Choose something that will make you feel good. You deserve it.

My reward will be: