

How to have a Gag – Free visit

We want to make your dental visit as comfortable as possible. If you avoid going to the dentist because you gag during procedures, here are some ideas to help deal with this common problem.....

- ✓ Ask for a topical numbing agent to be sprayed or rinsed in your mouth or place on your gum tissue to reduce your gag reflex (We have new topical rinses available that ease your gag reflex)
- ✓ Listen to Ipods that we have available here with headphones. Close your eyes and enjoy the music while your procedure is being done
- ✓ Ask staff member to hold your hand and offer support, comfort & reassurance
- ✓ Breathe through your nose instead of your mouth
- ✓ Try relief bands or sea bands
- ✓ Focus on other body parts other than your mouth like your toes (Try lifting your foot and holding there during your treatment)
- ✓ Concentrate on something else (recite the alphabet backwards) in your mind