



SEE YOUR DENTIST

Dentists Today Are Making Your Comfort Their Top Concern

(NAPSA)—If going to the dentist makes you nervous, here's some good news: dentists across the country are coming up with ways to make your next visit as pleasant and pain-free as possible.

For example, many dentists have replaced old-fashioned drills with new tools that let them prepare fillings painlessly. With these tools, that may include lasers or water, you may not even need novocaine. Dentists today have great new high-technology tools to make your next visit much less painful.

When it's time for x-rays, for example, look for a dentist who uses Kodak dental x-ray film in new SureSoft Packets. This innovative film has a cushioned edge so it will feel more comfortable in your mouth. You may not even know it's there. Since it's a low-radiation film, your x-rays will go faster as well.

To set your mind at ease, many dental offices have added pleasant distractions, like in-office videos. Some are equipped with virtual reality goggles to help you really focus on your movie instead of your teeth. How about stereo headphones so you can listen to music during your visit? Bring along your favorite CD. Other soothing touches are downright homey—like fresh cookies and hot tea to help calm jittery nerves. Or a neck pillow to help you get comfortable in a chair and cozy blankets in case you feel chilly.



Feeling particularly tense? How about a massage? Some dental offices today have licensed massage therapists on staff to help you relax during your appointment. Dental patients can get a quick neck massage while they wait to get their teeth cleaned—or a foot massage while the dentist finishes a filling.

For that extra pampering, look for a dental office that offers truly luxurious amenities. Some offices have begun offering spa-like services, like facials and manicures. You may even find a dentist near you who will pick you up in a limousine. How's that for service?

Good oral health is important for everyone. A clean, bright smile can do wonders for your self-esteem.