

Southwest Dentistry

Help us get to know you by answering the following questions:

When I think about coming to the dentist I feel:

- Comfortable – I have no anxiety about seeing the dentist or dental procedures
- Anxious – I don't want to come but I make myself, however I am seldom comfortable
- Fearful – I have stayed away from the dentist because of my fear and avoid coming unless absolutely necessary
- Extremely fearful – I cannot cope with dental visits and have avoided the dentist for years to the detriment of my dental health

I have avoided the dentist because of:

- My anxiety and fear
- Other _____
- Cost
- Past experiences

My childhood dental experiences were:

- Completely pain free and comfortable
- I did not go to the dentist as a child
- Somewhat uncomfortable
- Traumatic
- Painful

My dental experiences as an adult have been:

- Completely pain free and comfortable
- Somewhat uncomfortable
- I have not seen the dentist as an adult or my visits have been very few
- Painful
- Traumatic

I have a fear of – I have concerns about:

- Experiencing pain
- Needles
- Gagging
- Losing my teeth
- Catching a disease
- Having to wear a denture or partial
- Not being numb
- Unnecessary or wrong treatment
- Losing control
- Being scolded or made to feel ashamed
- Having something put over my mouth
- Other _____

The following makes me uncomfortable:

- The sounds of a dental drill
- The smells in a dental office
- Having to wait in the reception room
- Laying down in a dental chair
- Being numb
- Other _____

The following things are important to me:

- Getting as much work done in as few appointments as possible
- Temperature of the treatment rooms
- Available financing
- Being able to use my insurance benefits
- Being able to watch TV or listen to music while having dental work done
- Being offered a pillow and blanket for my comfort
- Having Nitrous Oxide available
- Privacy issues
- Other _____

My preference would be:

- To be told in detail about what is going on in my mouth
- To be told in general terms what is going on in my mouth
- To be shown pictures so that I can understand and see what is going on in my mouth
- To read pamphlets and/or books to get more information about my dental problems and solutions
- To dialogue with a team member about my dental problems and solutions
- Other _____

My immediate concern about my teeth and my smile is:
