For many people a trip to the dentist is like something out of a horror movie. You lie in a stark white environment, while a masked man with sharp instruments stands over you, and then you hear the drill—well, you get the picture. But you needn’t be afraid of the dentist forever. For the sake of your oral wellbeing, it’s time to overcome your fear of the dentist. We’re here to tell you that most often a person’s fear of the dentist is worse than any actual pain that they inflict. Follow these useful tips and soon you’ll be feeling better about your next trip to the dentist.

1. Choose a good dentist

Children's Dental Health Book: Teddy Gets a Filling | Dental Patient News. We’re all for spreading some social dental news when we come across it, doesn’t matter if it’s Lindsay Lohan’s latest trip to the dentist or more serious oral health subjects such as oral cancer, kids’ tooth decay, or how oral health is connected to overall health. With social dentistry being all the rave these days At the Dentist. Published: 1.30.2018. Level 3 | Time: 1:11. Accent: Canadian, New Zealand. Listen in English. Improve your understanding of English pronunciation with a conversation about going to the dentist. Your browser does not support the audio tag. Speed: 100%.