

Dental concerns assessment Relaxation aids

Please review this list of relaxation aids and circle the ones you might like to use. The blank spaces are for you to add any additional ideas you might have. We will be able to discuss other aids in more depth, if necessary, when we go over your treatment plan.

1. Neck pillow
2. Afghan blanket
3. Headphones and CD's:
 - A. Music: classical, easy listening, rock-and-roll, country/western, other
 - B. Environmental sounds: ocean, mountains, sailing boat, winter storm, other
 - C. Relaxation tapes: _____
 - D. Books on tape (short stories, etc.) _____
4. Sunglasses
5. Nitrous oxide
6. Verbal relaxation techniques
7. Taking off my shoes
8. Being able to move the saliva ejector or have it removed
9. Lip balm applied often
10. Being able to signal or communicate with the dentist
11. Mouth prop
12. Earplugs
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____