

## Checklist “Before going to the Dentist”.

### 1. Brush and Floss

It is always important to brush and floss a couple of hours before you go to the dentists, but don't overdo it. It is of course much better to floss every day, to prevent bad breath and plaque build-up. Just go about as normal, unless your appointment is in the afternoon or early evening, in which case make sure to brush after lunch so that there is no residue left over. It just helps to clear everything up and to keep your breath fresh for the dentist.

### 2. Try Not to Eat Beforehand

This is more for courtesy than anything else, but if you have eaten anything beforehand, particularly if it is rather pungent, the flavour and residue may still be in your mouth even after brushing.

While the scent of an open mouth isn't always that great to begin with, tuna sandwiches or a fresh garlic pasta could add an extra layer of smell to an already unpleasant experience for the dentist so it is better not to do it.

If you feel like it, you can always treat yourself to a nice lunch *after* having visited the dentist, just try not to eat for at least an hour beforehand.

### 3. Smile!

It can be a nerve-wracking experience, particularly if you feel as if you have not been taking proper care of your teeth, which is something we all think about before we go to the dentist. Just calm down, adopt a pleasant disposition and your personality will rub off on the dentist.

Try to stay positive, even if you don't particularly like the dentist and that will ultimately help to make your trip a more pleasant one.