

Scared of the Dentist?

Never visit the dentist again before reading this important report.





How To Find A Dentist You Trust and Look Forward To Seeing...

Even if You're Terrified and Hate Going to the Dentist

If you fear or even hate going to the dentist...at least one of these probably sounds familiar to you:

- I hate going to the dentist!
- I can't sleep the night before and have to drag myself out of bed the morning I have a dental appointment.
- I always feel pain. The dentist never gives me enough Novocaine and doesn't stop when I say I'm feeling pain.
- I'm really embarrassed of how long I've neglected my own teeth.
- I feel anxious about what the dentist might say about the condition of my teeth.
- I'm ashamed of how bad my teeth are and hate for them to see my mouth.
- I put off going to the dentist as long as humanly possible.

Maybe you're simply scared or totally terrified of going to see the dentist. But, if you've ever said one of the above to yourself, the super news is...you're now on the right path. You've finally found what you've been searching for. Things are about to change... and all for the good.



Here's the answers to those nagging questions about your dental fears

In this report, the answers to many questions you have about your fear of going to the dentist will be revealed. This is what will be covered:

- ✓ Do I really have dental fear? And, if so, how bad is it?
- ✓ How do I cut through the clutter and find a dentist that takes my fear seriously?
- ✓ Will this be a “Hero or Zero” dental office? What you need to look for.
- ✓ Is there really a magic pill? Where do I get it if there is one for me?

Each of these are equally important if your fears of the dentist are stopping you from having that elusive smile and self-confidence you secretly desire. Each of these will be addressed in a simple step-by-step easy to understand order.

But before you waste more of your time, please keep in mind this report is for those of you who truly have a fear of keeping your dental appointment. If you don't mind going to the dentist, enjoy your cleanings and have a high tolerance for pain...this report is not for you.

For the rest of you, let me ask you this...

Who wouldn't want a magic wand to make this all go away?

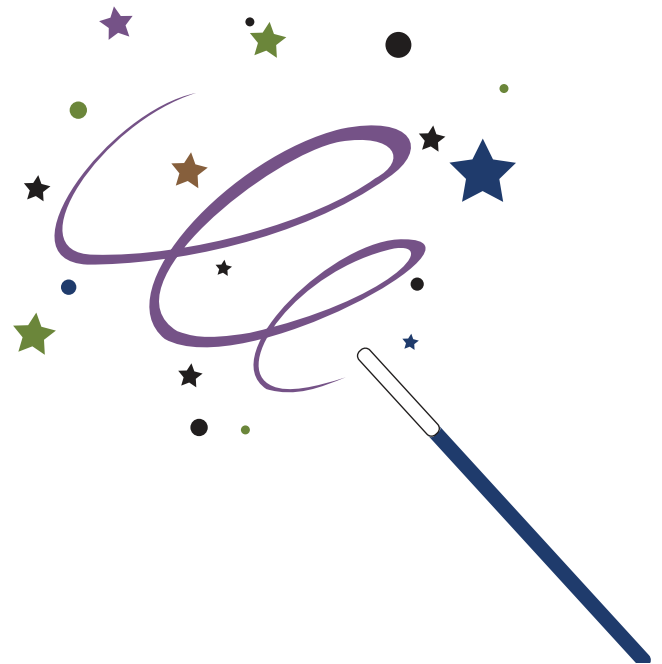
In addition to the things you've thought from the above fear list, you might also have had this wish and said to yourself:

"I wish I could just find a dentist who understands my fears. One that wouldn't make fun of me and the embarrassment I feel for letting things get so bad. A dentist who will treat me with no pain and judgment." That's really all you want, right?

So, now imagine you could wave a magic wand and your wish would finally come true.

You find a dentist who will do all that for you. As a result, you now:

- Exude the self-confidence you always secretly desired
- Flash a smile without worrying about covering your smile with your hand
- Are the first in line when photo time comes up. No more hiding in the back row for you
- Initiate selfie time with your friends and family
- Can rest easy knowing you're free to order whatever you want from the restaurant menu. Say goodbye to mashed potatoes and crappy soups
- Will smile all the way to the bank when you and your business partner sign the biggest deal ever
- Notice your life partner looking at you like they did on your very first date



Let's get started...

Do I really have dental fear? If yes, how bad is it?

First, please know...you're not alone. Look what this person said about going to the dentist.

"The second I walk in, I feel that something terrible could happen to me. My fight/flight system kicks in. My heart goes crazy. My stomach gets upset and my hands start sweating. I even feel my whole body shaking and I think of running away. My mind gets in a serious conflict between the motivation I have to improve my self-confidence vs the deep fear and anxiety I have of the dentist. I seriously consider just running away."

This person sums it up beautifully about how many people, including you, might feel about

going to the dentist. This person, however, is not just any patient. This quote came from my oldest brother and this is exactly how he said he feels once he steps into any dental office!

Wow!

What's worse...if having a brother afraid of the dentist isn't bad enough for a dentist...my wife also suffers from this fear. I'm here to tell you...when she sits in the dental chair, she's a totally different woman than the calm, gentle, loving woman I dated!

They both are improving after finding the right dentist and kind of care they need. They both have come a long way to overcoming their fears and now have a much better experience when it's time to get a cleaning.

You can too...so keep reading.

What level of fear do I have?

There are actually 4 levels of fear. Understanding where you fall and what level you have will help you know what you can do about it. So, let's take a look at what they are.

Level A - People with No Fear: If this is you, you can stop reading this report now...well, unless you're trying to help a friend or spouse with their dental fear. Then, please read on. Unfortunately, the category is constantly shrinking. But, certainly, this Level A person is who all dentists want and are trained to treat.

Level B - People with Low to Moderate Fear: If you say to yourself:

- "I hope this won't hurt."
- "I hope this will be quick."
- "I hope I don't have any cavities. "... then you fit into this group.

Most people fall into this category and it's a very dangerous zone. At this level, you're exceptionally good at masking your fear and most dentists aren't trained to detect that. They won't pick up on the fact deep inside, you are shaking in your shoes. The problem lies in that a simple provoking experience, such as excess pain and discomfort or feeling like you're not being treated properly, could quickly move you to the next level of dental anxiety, making the problem 10 times worse.

Level C - People with Moderate to High Fear: If you ever said to yourself "I hate going to the dentist" or even, "I hate the dentist!", then you fit perfectly in this category.

Maybe you've had a traumatic experience early on. Or heard someone else's horror story and you've put off going to the dentist yourself. Now, you're in even more discomfort, which causes more stress when you realize you have to go to get this fixed. But then you remember why you didn't go in the first place and put it off again. Even with friends and spouses encouraging you

to tell the dentist the truth about how much pain you have, you can't bring yourself to do it.

You're stuck in a cycle that feels impossible to break. The cycle where you want to improve your health, but you're imprisoned by your fears.

Level D- Fear of being embarrassed and belittled: Nobody likes to feel rejected or blamed. Personal criticism by the dentist is a significant factor in causing you to avoid going for fear of what might be said to you.

- “Wow, this is not good.”
- “You have many bad teeth.”
- “I know I shouldn't laugh when I look in here, but...”
- “What's taken you so long to get here? Don't you care about your mouth?”

The anticipation of such comments was found to be more fear-provoking than receiving an injection. The problem here is that the dentist, who is supposed to be your savior, becomes your worst enemy.

And many of them don't even realize they aren't addressing your fear or meeting the need you have to get your teeth fixed.

Here's something you may not know...

Unfortunately, most dentists are very well-trained to treat only the Level A patient. People with no fear keep their dental appointments are those who dentists study to treat.

Dentists are never taught how to address people with different fear levels. Most were only taught how to fix teeth regardless of the human behind that tooth.

I personally believe my wife and my brother, who are highly afraid of the dentist, should only be treated by a dentist who is well-trained with dealing with their fears, not just their teeth.

This is now leading you to your next discovery....

How do I cut through the clutter and find a dentist that will take my fear seriously?

If you had to find a dentist who catered to your fears 25 years ago, your options for finding one would have been limited. You could have asked friends and family for referrals. But maybe they didn't harbor the fears you had. And trying this one and that one might lead to more trauma if

you already had bad experiences.

Certainly, being able to locate options now on the internet makes finding the right dental office match a bit easier. The one drawback is that now there are sometimes more options than we can handle. It gets confusing with all the information out there to decipher.

To help you...take these 2 easy steps:

1. Google for dentists in your area and then read the reviews and real people experiences. Maybe you've even come to doing Google searches for many other things you need. And, of course, it's free.

Make sure you look at the 1-star rated reviews. See how the office dealt with the problem if at all. This will give you a closer look at how this office takes care of their patients.

Then, choose 3-4 practices you think seem like a good match for you. Write down their information and now you're ready for part two.

2. Pick up the phone and call. When the phone is answered, simply say, "Hi. First, I want you to know, I hate going to the dentist." Then pause and wait for an answer. You'll know if the person says the right thing to you.

You can then ask your other question. What you want to know is if the office offers sedation dentistry other than laughing gas?

In both cases, the way the receptionist answers will clearly tell you whether they've dealt with patients who fear the dentist on regular basis or only once in a while.

Using this system to screen for the perfect fit for you will help you move onto the next step.

Is this a "Hero or Zero" dental office?

The famous entrepreneur, Laurie Greiner, from the hit show Shark Tank, always keeps her options open as she screens the person in front of her making the presentation to win financial support for their company. Then she asks a few simple questions and finally announces her judgement. She either considers it a "Hero or Zero" investment.

The same process applies here when looking for your perfect dental office match.

After your phone calls, narrow your choices down to 2. You can either make a courtesy visit appointment, simply to check out the office. If you want to see their true colors, just drop in unannounced and see how they handle it.

But the second you walk into your preselected dental office, you should be screening the office for certain things important to you.

For instance, is the office clean and well-kept? Were you given a friendly greeting? Were they

willing to stop and accommodate a surprise visitor? Also, asking simple questions will make the mission easy.

Here are some simple sample questions you can ask the staff:

- ✓ How long have you been working here?
- ✓ What do you like most about your job?
- ✓ How often do you have trainings?

And a few questions directed to the dentist might be:

- ✓ How do you treat patients who truly have a fear of being at the dentist office?
- ✓ Do you treat people with high levels of fear or anxiety on a regular basis??
- ✓ When did you have your last training? And what was the subject of the training?



If you need, you can change them depending on your own situation and what's important to you. Keep in mind, though, to keep them open-ended questions. Don't ask questions they can get away with a easy yes or no answer.

If at any point you feel unwelcome, judged, insecure or embarrassed during the visit, then this is not the right place for you. Politely and graciously bow out and leave.

By the time your visits are over, and you have the answers to your questions, your Shark Tank Laurie detector will come to a conclusion. Is this dental office a "Hero or a Zero"?

Is there really a magic pill to help me?

Two years ago, a patient's mom walked into the office telling the receptionist that her daughter, who had an appointment for a root canal, would not leave the car to come into the office.

When the dentist tried to walk to the car just to have a friendly talk with the patient, things got worse. The second she saw them coming towards the car, the whole car started shaking. She jumped to the back seat. They couldn't even get close enough to talk with the daughter.

Knowing this needed a different approach, the dentist cancelled the appointment and offered an alternate strategy.

This situation called for the "Magic Pill."

The mom left with the solution in hand that her daughter took 30 minutes before coming to her next appointment. Amazingly, the whole visit and experience was transformed.

The patient showed up on time with no anxiety. By the time she was comfortable in the chair, she was sleeping. The root canal was fixed along with multiple other problems...all without pain.

The patient left the office still drowsy and woke up in her own bed a few hours later with no side effects of her procedure. In fact, she didn't even remember walking into the office.

Yes, this tool does exist, and it's called Oral Conscious dentistry. This approach is used on a daily basis to help patients overcome extreme fears and anxiety. It's also a perfect tool to be used to condense multiple appointments and work that needs done into one dental appointment.



The patient's story you just read was one that came from my office. There are options available to absolutely overcome your fear of going to the dentist. Even if they fall into the extreme category.

Other sedation options are also available as well. Please refer to the Patient Guide For Sedation Dentistry.

Going through these 4 easy steps will help you find the dentist you can trust. One who will take your fears seriously and help you overcome your anxiety. Once these are addressed, you can then begin your journey to fix those issues that have been holding you back. You'll no longer have to:

- ✓ Cover your mouth when you smile
- ✓ Choose foods based on what you can chew
- ✓ Be embarrassed
- ✓ Suffer from lack of self-confidence

The information contained in this report is only good if you take action. Nothing will change until you take the next step.

What should I do next?

Don't fret!

The most important thing you should do next is to decide to take action. With each day that passes, the problems in your mouth are just getting worse.

You can either follow the steps above to find your perfect dentist or for a quicker solution, you could simply contact us.

I would be happy to personally help you get the results you so desire. To begin the process of us getting to know each other, I offer a Complementary Anxiety-Free consultation.

I can help make this happen for you. But you'll need to take the first step. Please feel free to call our office and make your Anxiety-Free Consultation appointment today. You'll be well-taken care of.



Call now to schedule your complementary
Anxiety Free Consult!



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Elyria Office
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Elyria, OH 44035



Here's what a few of our client's had to say about our office:



Jazmyne Hayes

1 review

★★★★★ a year ago

They are so polite there and make me feel so comfortable. I hated going to the dentist till I started coming here. I didn't even have to tell them; they just knew by how nervous I was and they were so great with me!! I will be going here from now on even if I have to make the drive it's worth it!!!



Katylyn Kuchta

1 review

★★★★★ 3 months ago - 

I've been coming here since the beginning, when it first opened, and I have never met a better group of people who make me feel like I'm a part of the family. Dr. Salameh and Tiffani are a dream and have helped me change my perspective of the dentist. I'm no longer terrified to schedule an appointment, I'm actually thrilled to stop in. The business is growing but they certainly haven't lost that small-business feel. They know each patient and make each one feel welcome and supported. I cannot say enough great things about the Signature Smiles team!



Michelle Alvis

1 review

★★★★★ a month ago

I went in after looking for a sedation dentist. NOT a fan of dentist. I had to have an extraction, and had to make another appointment for it to be done. Anxiety on the increase! Went back though. BEST dental appointment I've ever had. Nitrous gas is definitely the way to go. I'm 10 hrs post op as I type and my family can't believe how comfortable I am based on their own experiences with other dentists. Try them, you won't regret it!!