



WHAT TO EXPECT DURING YOUR DENTAL TREATMENT

What to expect during dental treatment

We understand that having dental treatment can sometimes feel daunting, particularly if you are unsure what will happen during your appointment.

At Cranfield Dental Care, we want you to feel informed, comfortable and involved in every stage of your treatment. Before any treatment begins, we will explain what we are recommending, why it may be needed and what your options are.

Before your treatment

Your treatment journey usually begins with a detailed assessment.

We may examine your teeth and gums, take X-rays or photographs, carry out digital scans or take other measurements where appropriate.

We will then explain our findings and discuss the available options with you.

Depending on the treatment required, you may have a separate consultation before treatment is carried out. This gives you time to ask questions, understand the proposed treatment and consider your options.

We will discuss:

- What we have found
- The cause of the problem where this can be established
- Your treatment options
- The benefits and limitations of each option
- What the treatment involves
- Any relevant risks or potential complications
- Expected timescales
- Costs and payment options
- What happens after treatment

Our aim is for you to feel confident about your decision before treatment begins.

On the day of your treatment

When you arrive, our team will welcome you and make sure everything is ready for your appointment.

Your dentist will confirm the planned treatment with you and give you the opportunity to ask any final questions.

We will make sure you are comfortable before beginning.

Your comfort comes first

Where appropriate, local anaesthetic can be used to numb the area being treated.

We will give the anaesthetic time to work and check that you are comfortable before starting treatment.

If you are feeling nervous or uncomfortable at any point, please let us know. **You are always encouraged to speak up.**

During your treatment

Your treatment will depend on what you are having done.

Some treatments can be completed in a single appointment, while others require several stages.

Throughout your treatment, we will:

Explain → Prepare → Treat → Check → Review

We will work carefully and methodically, keeping you informed where appropriate.

For more complex treatments, such as crowns, root canal therapy, implants, orthodontics or extensive gum treatment, your treatment may be divided into several appointments.

If you feel nervous

Dental anxiety is common, and you are not alone.

You do not need to feel embarrassed about being nervous. Let our team know how you are feeling so that we can adapt your appointment where possible.

We can take things at your pace and explain what is happening before we proceed.

If you need a break during treatment, simply let us know.

Your comfort and confidence matter to us.

Feeling nervous about dental treatment?

We understand that some patients feel anxious or nervous about visiting the dentist. Our team will always do what we can to make your experience as comfortable and relaxing as possible.

We can discuss a range of relaxation options with you, including:

- 🎧 Bring your own music – You are welcome to bring your own headphones or music device and listen to something familiar and relaxing during your appointment.
- 📺 Choose something relaxing to watch – Where available, we can change the screen in the treatment room to something you find calming or relaxing.
- 🧘 Take things at your own pace – We can agree on a signal if you need to pause or take a break during treatment.
- 💉 Sedation – For patients who are particularly anxious, we can discuss whether sedation may be a suitable option for you.

Please let us know if you are feeling nervous when booking your appointment or when you arrive. There is no need to feel embarrassed about dental anxiety.

Our aim is to help you feel safe, comfortable and in control throughout your visit.

After your treatment

Once your treatment is complete, your dentist will check the area and make sure you are comfortable.

We will explain what you should expect following your appointment and provide any relevant aftercare instructions.

Depending on your treatment, you may experience some temporary sensitivity, tenderness or numbness. We will explain what is normal and what you should look out for.

Before you leave, we will explain:

- What to expect after treatment

- Any food or drink restrictions
- How to care for the treated area
- Whether you need pain relief
- What to avoid
- Whether you need a review appointment
- What the next stage of your treatment will be

Your treatment may be part of a bigger plan

Sometimes the treatment you are having is one stage of a wider treatment plan.

For example:

Assessment → Diagnosis → Treatment → Review → Next stage → Maintenance

We will help you understand where your appointment fits within your overall dental journey.

For more complex treatment, you may have several stages involving different members of our team.

Follow-up & review

Some treatments require a follow-up appointment so that we can check your progress and make sure everything is healing or functioning as expected.

Depending on your treatment, your review may involve:

- Checking healing
- Assessing your bite
- Reviewing your gums
- Checking a restoration
- Taking further photographs or X-rays
- Making adjustments
- Discussing the next stage of treatment
- Planning ongoing maintenance

Not every treatment requires a separate review, and we will let you know what is appropriate for you.

Looking after your results

Good dental treatment does not end when you leave the practice.

Maintaining your results is an important part of your long-term oral health.

We may recommend:

Regular examinations → hygiene appointments → personalised home care → reviews → maintenance

Your maintenance programme will depend on your individual needs and the treatment you

Your questions matter

We want you to feel comfortable asking questions at any stage of your treatment.

There is no such thing as a silly question when it comes to your health.

If you are unsure about anything – whether it is the treatment itself, your options, the recovery period or the cost – please speak to our team.

We are here to help you understand your choices and make decisions that are right for you.

Your Journey, Your Care

At Cranfield Dental Care, our approach is centred around **you**.

From your first assessment through to treatment, review and ongoing maintenance, we aim to provide clear information, personalised care and a comfortable experience.

Assessment → Understanding → Planning → Treatment → Review → Maintenance

Your smile. Your choices. Your journey.

Cranfield Dental Care

Personal, professional dental care for you and your family.

Contact our Reception team 01462 434323 for general enquiries, or speak to our **Treatment Coordinator (TCO)** 07714117790 for advice and information about your treatment options.

We're here to help you understand what's available and find the right next step for you.