



RICHARD M. SIGISMONDI  
—DMD—

*Achieving the balance of health & beauty.*

## Appointment Comfort Menu

While you are being treated at our office today, we would like to make sure you are as comfortable as possible! We offer a number of free amenities to ensure your visit is a pleasant one. If you itemize those things you prefer, we will make sure to have them ready for you. We will be glad to make note of your preferences for future visits as well!

---

- **Nitrous Oxide** - Also known as sweet air, laughing gas or conscious sedation, this is a gas mixed with oxygen that can be administered throughout your appointment. While you are always awake, this will decrease any anxiety related to dental procedures and make the time pass more quickly as well.
- **Noise canceling headphones** - Use these either with your iPod or ours. This will surround you in delightful audio environment.
- **Pandora radio** - This which is loaded on our iPod will play any music you desire. You type in your favorite artist, song, or genre. Pandora will play that and continue with more music in the same theme.
- **NetFlix movies** - For long appointments this works great. You select the movie you prefer, put the headphones on, sit back and relax!
- **Television** - News, sports, cooking shows, cartoons.... just take your pick!
- **The Cozy Blanket** - The dental office can be a chilly place. We try to keep the climate as controlled as possible. Nothing is more soothing than a comfortable blanket wrapped around you!
- **Pillow** - Soft pillows, neck pillows, stiff pillows... we have them all.
- **Back massager** - Slip this behind your lower back and let it pulse your stress away.
- **Hot facial towel** - Dental appointments can leave your skin feeling dry and stretched out. When this is combined with numbness it is a uniquely odd sensation. The best relief for this is a warm moist towel draped over your face. The soothing warm moisture is a memorable way to end your visit. We understand when someone prefers not to have the towel treatment as it can make cosmetic reapplication a chore. Please let us know if you would prefer not to receive this.

We recognize that the primary reason for your dental visit is state of the art dental procedures. Adding some comfortable indulgences to this can be a wonderful thing. If you would prefer to simply close your eyes or nap during your visit, that's fine as well.