

Dental Anxiety

Dental anxiety and fear of the dentist are very common. Those with dental anxiety often avoid going to the dentist and therefore develop serious oral health issues due to untreated dental problems.

Dental anxiety is not restricted to children, but also common amongst adults.

Having a fear of the dentist results in more than just anxiety regarding dental treatment; it poses other problems such as continuing dental health issues stemming from prolonged avoidance of care. In some cases, avoiding dental care can impact your overall health.

What to do if, as an adult have Dental Anxiety

It is important that you communicate your fears to your dentist and their team so they are aware and can help to set your mind at ease during your dental care. In extreme cases of dental anxiety, your dentist may recommend a type of sedation to help calm you during treatment.

Keep in mind that if a fear of the dentist keeps you from seeking treatment, your oral health may deteriorate over time. See your dentist as soon as possible and share your concerns with them so that they can provide you the care you need in a way that helps you feel most comfortable.

The caring dental service providers can help address your dental problems in a caring manner that will help you overcome your dental anxiety and fear of the dentist.

Calming an Anxious Child or a Child with Dental Anxiety

It is common for children to be anxious or nervous during their first dental visit. However, experienced dentists will help calm your child to ensure their visit goes as smoothly as possible.

3 tips to calm dental anxiety in children:

- Remain positive. If your child sees that you are positive, they are more likely to have a better attitude as well.
- Refrain from using words like pain, injections, or cavity.
- Try not to bribe your child with candy or other goodies.

A child's first dental visit can greatly impact their view of going to the dentist for the rest of their life. The dentists use various techniques to help your child feel comfortable.

"Tell-Show-Do": During your child's visit, the dentist names an instrument, points it out and picks it up. They may do something to further introduce your child to the instrument, such as counting their fingers. The dentist will then use the instrument in the exam.

Lap-to-Lap technique: This technique involves a parent during an exam, thus helping the child to feel more comfortable during their visit.

Praise: Your dentist will point out things your child is doing right during the exam. This will reinforce positive behaviour and will let your child know that the exam is going well.

Distraction: The dentist might tell a story or distract the child's attention in some other way, so the child is not focused on the exam and cleaning.

Nonverbal communication: The dentist may also use a simple smile or frown to reinforce positive behaviour and discourage negative behaviour.

Voice control: This usually takes care of any behaviour that may be deemed unsafe. A calm, yet firm voice usually curbs unsafe behaviour.

Sedation: In extreme cases, mild sedation, such as nitrous oxide (laughing gas) or a liquid sedative, may be suggested. This is a very safe and common approach to calming a restless child for a dental examination.

Overall, you can help your child feel more comfortable at the dentist by ensuring they establish a good brushing and flossing routine at home. This will help them to feel less anxious because they are more used to ongoing oral hygiene.

