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Reintroducing hypnosis in Paediatric Dentistry

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Majority of pediatric dental patients reveal a great anxiety and fear during routine oral procedures. Such attitude of children to dental procedures is a cause of irregular visits to dental clinics, which, in consequence, may lead to greater damage to teeth, which otherwise could have been saved by simple procedures. Clinical hypnosis could be a non-invasive therapeutic option to increase treatment comfort both for the patients and dentists. This article gives an overview about some basic facts and the main indications for hypnosis in dentistry. The indications for using hypnosis in dentistry are: the management of fear and anxiety, hypnosis for dental analgesia, control of bleeding, control of salivation, control of bruxism, control of gag reflex, pediatric dental hypnosis. Commonly used techniques are also listed. This kind of psychotherapy may be used in everyday dental practice, however some profound knowledge in this field is needed from a clinician.

Biography

Jyoti Oberoi is pursuing PHD in clinical hypnosis from Dr. D.Y.Patil School of Dentistry, Deemed University, Nerul Navi Mumbai, Maharashtra from where she did her graduation as bachelor of dental surgery (B.D.S.) and Post Graduated in Pedodontics. She is director of Gurukrupa Medical Trust and practicing there as dentist, Pedodontist and Implantologist since 2010. As well she is running ADC Inc. as training centre and academy for dental education. She has presented more than 10 posters/papers in national/international conferences and won prizes for the same. She has 8 publications on her name.

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