

Does the thought of booking a dental appointment or going to the dentist leave you with sweaty palms and sleepless nights? You are not alone; nearly half of the adult population is scared of the dentist.



Why is this?

It is different for every person, no one is born fearful. The six most common reasons for being anxious about a dental visit are:

- A bad experience in the past- sometimes this can be 20 years ago.
- Lack of control- lying there with your mouth open and a stranger putting their hands and sharp instruments inside is a bit weird.
- Unable to find a recommended dentist. Perhaps you have moved area and loved your dentist you had for years and worry about finding one that will be as good.
- The dentist actually wasn't very nice, it can happen in any profession.
- Embarrassed to let anyone see your teeth or mouth. That filling fell out over a year ago, what they are going to say when they hear you have left it so long?
- Actual dental treatment. This may be the injection, the drill, a mouth full of instruments or the noise of having your teeth scaled!

What can you do?

One of the key ways to overcome your fear is to get educated on the dental procedures available and understand your options. There are loads of resources on the internet or you could read our blog ;)

You do not want to pass your fear onto the next generation, your children. Get your children seen by a dentist from about 18 months old. This familiarises them with the dental environment and through education helps to lessen future fear and anxiety. Early visits are fun; a ride in the dental chair, getting your teeth polished and leaving with a cool sticker! At Bow Lane Dental, children have FREE check-ups and x-rays up to the age of 16 (as long as one adult is a registered patient).

There are many techniques that can make a visit more comfortable. The most important thing is to TRUST your dental team. We listen to you and explain each step of the process, taking it at your speed.

Don't forget to tell your dentist or better still when booking an appointment mention that you are nervous. They will work a plan out together to make the experience as pleasant as possible and answer all your particular fears.

Going to the Dentist could save your life! Not only do we check for mouth cancer, we check for bacteria in the mouth. This bacteria left unchecked can cause damage in your heart and brain leading to a heart attack or a stroke. What is more, in pregnancy the same bacteria might lead to low birth weight for newborn babies.

How can we help overcome your fear?

- Inform you of what we wish to do.
- Explain why we are doing it.
- Answer any questions you have along the way without giving you a lecture.
- YOU are in control of the appointment, when you are happy we move onto the next step.

We work to gain your TRUST and then utilise the latest technology to give you a pleasant dental journey.





Dental button

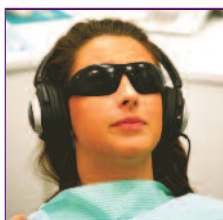
What is available to help me relax?

Dental Button

The Dental button is a device that literally gives control back to you. By pushing a button, you can stop the power supply to the dentist's drill and therefore immediately stop dental treatment at any time.

Audioanalgesia (noises)

Did you know certain sounds and music can help relax you and take you away to a different place? We have Bose noise cancelling headphones and Olympus 3d movie glasses so you can even watch your favourite movie during treatment. We also have the latest box sets.



DVD glasses

Aromatherapy

We do not smell like a Dentist! Using blends of essential oils helps put you in a calm and relaxed state and also takes away the normal smells of a dental practice.

Air abrasion

Using a gentle jet of powder and air we can remove stains, decay and old white fillings. Often no injection is needed.



Aromatherapy oils

Numbing gel

This gel contains anaesthetic agents that helps to gently numb the gum. This is used during scaling and polishing your teeth and also before an injection.

The Wand

The Wand is a revolutionary new computer-controlled local anaesthesia injection system that can provide a more comfortable injection. The needle is not the main cause of discomfort during an injection. It is the pressure and volume of the fluid going into the tissues that stimulates the pain receptors. The microprocessor inside The Wand automatically creates the ideal pressure for least discomfort, depending where in the mouth it is used. It develops a 'pathway of anaesthesia' so you hardly feel the needle at all.



Air Abrasion

The Vibraject

Vibraject causes the needle to vibrate masking any discomfort from the injection. You hear a buzzing sound and feel the vibration, that's all. It uses the Gate control theory where sensations of pressure and vibration compete with sensations of pain for transmission to the brain. So the vibrations mask any discomfort giving pain free injections.

Hypnosis

Hypnosis is a procedure usually guided by a health care professional whereby a patient experiences changes in sensations, perceptions, thoughts, or behaviour. Some people can even be taught autohypnosis to induce a state of relaxation on their own.

Cognitive behavioural therapy (CBT)

You are encouraged to talk about the way you feel regarding dentistry. CBT, in as little as one session, aims to change the way you think from a negative to a positive state allowing you to self-manage your anxiety. There are lots of experienced CBT practitioners who can help you.

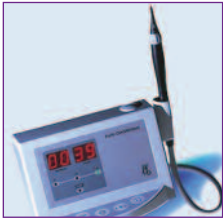


The Wand

Sedation

Oral sedation is where you take a drink before your appointment which helps you relax. You will feel slightly groggy and someone will need to collect you at the end of the appointment. Intravenous sedation is where a consultant anaesthetist gives you an injection of different drugs that help relax you and lift you into a dream-like state. You will still be able to communicate but will be unable to remember much of the experience afterwards. Both of these do not help you overcome your fear in the first place.

Some people have been helped with Homeopathy, Acupuncture and Neuro linguistic programming.
TRY which works for YOU.



Diagnodent



3D Scanner

Did you know Dentistry has changed?

Our dental team are gentle, patient and friendly. We use Lasers (Diagnodent) to detect early cavities that can then be simply sealed. We use 3D digital scans to see inside your teeth to diagnose early problems. Procedures are quicker and early cavities can now be fixed without the use of a drill or even an injection. It doesn't even smell like a Dentist used to.

Call Bow Lane Dental on 020 7236 3600 and mention this guide and have a complementary tour of the practice, meet our team and see how we at Bow Lane are changing Dentistry.

Do I need to visit the dentist?

Studies have shown that people who have regular dental checks have better oral health than those who just visit when they have a problem.

- You will save money. Preventive care is MUCH cheaper and easier than waiting until you have a problem to fix.
- Avoid pain. Regular checks will pick up small problems before they start to hurt.
- A healthy smile is an attractive one. The dentist and hygiene team will be able to remove stains and help you keep a beautiful healthy smile.
- Replacing missing teeth can make it easier to eat and enjoy your food again.

