

# HOW TO OVERCOME DENTAL PHOBIA



Lifestyle  
DENTAL CLINIC

Thank you for inquiring about dental implant services at Lifestyle Dental Clinic. We hope that this informational booklet will answer some of your questions about dental implants.

## WHO ARE WE?



Lifestyle Dental Clinic in Preston, Fulwood is an established, high-quality, state-of-the-art private practice. We offer a complete care approach to each of our clients. After listening to your concerns we will give you the smile you desire in the most efficient time frame, as pain free as possible. We will fully explain the procedure in language that you understand—with images and models to show you the before and after treatment results.

## WHY LIFESTYLE DENTAL CLINIC?

Dr Nadim Majid is gifted in numerous areas that promote a feeling of comfort and security for our patients. He is skilled in sedation and hypnotherapy,

which helps our patients achieve a state relaxation that allows for the best treatment results, especially during invasive treatments. **Dr Majid has treated over one hundred nervous patients with a mixture of techniques and helped them overcome years of dental phobia.**

We create a completely comfortable atmosphere to accommodate our patients physically, mentally and emotionally. Everything, from our simple and modern décor to our extensive treatment consultations and hypnotherapy, is aimed at making our patients comfortable and confident in themselves and in our staff.

Going the extra mile is commonplace within our practice. Our team makes every effort to ensure that each client is cared for in a manner that is second to none.

It is truly the passion, expertise, and desire to improve, which each member of our team exhibits, that is the driving force of Lifestyle Dental Clinic. It is the teamwork and hard work that will propel us into the future.



# HOW TO OVERCOME YOUR DENTAL PHOBIA

*Do you have a dental phobia?* Well, the first thing to take some assurance from is that you're not alone. Over 50% of the population admit to not going to the dentist and the top reasons for not going is due to some sort of fear or phobia. Also, believe me, it's not your fault. I totally understand the dentist office can be a scary place and the sights and sounds can bring back some bad memories and experiences.

Of course the downside to not going to the dentist is that you may have some dental disease which is progressively getting worse and you may even be unaware that it is happening. This can make a dental visit even more traumatic when you do eventually go.



## SO WHAT CAN YOU DO? HOW CAN YOU OVERCOME A DENTAL PHOBIA?

**Here are some options:**

### **The Pyramid steps**

This is a technique talked about by many people and it involves taking small steps towards your ultimate goal and each step is greater than the last, hence the pyramid.

## **For example:**

*You can initially walk past a dental surgery.*

*Then make a phone call and speak to someone over the phone.*

*Then perhaps come in and have an initial chat with a dentist or a team member for a free consultation.*

*And eventually, slowly, over a period of time you get to sit in the dental chair and have some treatment done.*

It may sound a little strange and a little silly, although it does work. If you talk to your dentist they should be able to accommodate you in doing this and guide you along the process. Also, you take the steps within your own time and as you feel more and more confident.

## **Hypnosis and N L P (Neurolinguist Programming)**

Hypnosis can be a way to help you calm down, get over fears, get rid of emotions and the emotional aspect of bad experiences of the past. For example, one method often used in NLP is the Fast Phobia Cure. This can work really fast to eliminate and reduce the impact of phobias to a minimum. Some dentists are also trained in this process and can undertake this for you. I have trained with Paul McKenna and Richard Bandler and helped a number of people overcome dental phobia. If you would like to know more about this then give us a call on 01772 717316.



## Sedation

One option which is available is sedation. This can be intravenous sedation which involves a needle in the back of the hand or arm and a drug given into the vein called midazolam. The effect of midazolam on the body is similar to alcohol without the side effects. This can help you relax and have dental treatment undertaken without being too concerned about it. Midazolam needs to be titrated, which means each person is given just the amount they need to remove the anxiety and have the treatment done and this of course will vary from individual to individual. Another benefit of this treatment is that most people tend to forget about the procedure after it is done so they can't recall what happened after the event and this can make it a pleasant memory.



## WHAT IF YOU'RE NEEDLE PHOBIC?

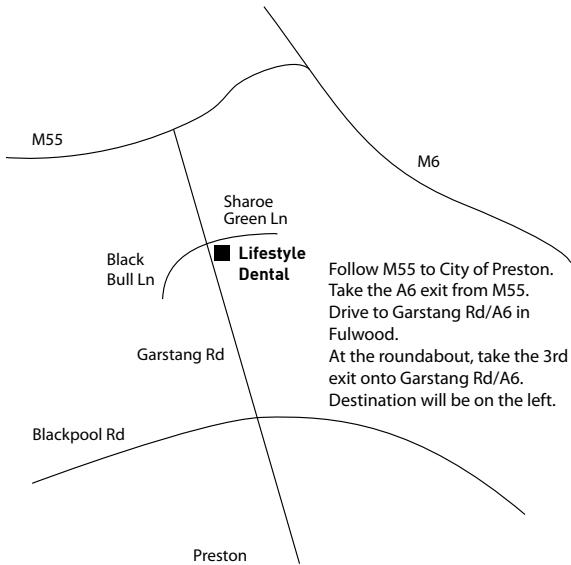
If you have a needle phobia then there are a couple of the above options which can work for you. If you mention to your dentist that you have a phobia of needles they can usually accommodate you and make sure they help you as far as possible. Also hypnosis and NLP can help with this.

You can of course combine all the above techniques. For example, I had a lady who was very afraid of dentists and initially she came in just to have a chat. Then she had some hypnosis and then, because she needed a lot of work, we undertook the treatment under IV sedation, so we used everything possible. The good thing was at the end she was no longer afraid because she knew she had had all the treatment done.

If you would like to know more about your options then please do give me a call on 01772 717316 or email me on [info@lifestyledental.co.uk](mailto:info@lifestyledental.co.uk) and will get back to you as soon as possible.

Thank you

Dr Nadim Majid



## Lifestyle DENTAL CLINIC

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