

Anything but the Needle



One of the main reasons people avoid going to the dentist is fear of the needle. Whether it is because of a past bad experience or simply the thought of what is going to happen, it is a real fear.

This fear is not only strong enough to keep someone from going to the dentist, but also it prevents them from allowing the dentist to give an injection once they gather the courage to go the dental office to begin with.

Dental injections should not hurt. And armed with some facts, hopefully, any dental phobic may start to rationalize this to be true.

First, there are many *less* nerve endings inside a person's mouth than there are on their skin. So, to associate an injection on your skin with one in your mouth is not the same. It is significantly less noticeable.

Second, the application of a potent topical gel anesthetic renders the surface tissues numb before the injection.

Third, the initial use of a comfortable, quick-acting local anesthetic to begin with will enable the tissues to become numb fast.

Fourth, the injection needs to be done slowly to avoid an uncomfortable build-up of pressure.

Although oral, IV and inhalation sedations are available, I find them not indicated in the vast majority of cases and an unnecessary cost. By simply using the above technique, rarely do my patients experience any discomfort with dental injections.

Finally, when you decide you need to see a dentist, but are afraid, ask your friends, family or colleagues about their dentist and how they give injections. This is a good way to find a dentist you may trust to treat you gently.



Comments or questions are always welcomed

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