

Emerging Techniques for Addressing Dental Anxiety in Children: The Future of Pediatric Dentistry

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Commentary

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DESCRIPTION

Dental anxiety is a common problem that affects children of all ages. It is estimated that up to 20% of children experience dental anxiety, which can lead to avoidance of dental care and poor oral health outcomes. Dental anxiety is a complex phenomenon that is influenced by a variety of factors, including past experiences, personality traits, and parental attitudes towards dental care.

The importance of addressing dental anxiety in children cannot be overstated. Children who avoid dental care due to anxiety are at risk of developing serious oral health problems, such as tooth decay and gum disease.

These problems can lead to pain, infection, and even tooth loss. In addition, untreated dental problems can have negative impacts on a child's overall health and well-being.

Fortunately, there are strategies for addressing dental anxiety in children. One approach is to use behavioral techniques, such as desensitization and cognitive behavioral therapy, to help children overcome their fear of dental care. Another approach is to use pharmacological interventions, such as sedation or general anesthesia, to help children relax during dental procedures.

source are credited.

In addition to these traditional approaches, new technologies and techniques are being developed to address dental anxiety in children. Virtual reality and augmented reality are emerging technologies that can be used to distract children during dental procedures and reduce anxiety. In addition, dental clinics are increasingly adopting child friendly designs and environments to make dental care less intimidating and more comfortable for children.

The future of addressing dental anxiety in children looks promising. As new technologies and techniques are developed, dental care providers will have more tools at their disposal to help children overcome their fear of dental care. However, it is important for dental care providers to continue to prioritize addressing dental anxiety in children and to stay up to date on the latest research and techniques in this area.

Dental anxiety in children is a common problem that can have a significant impact on oral health outcomes. Some of the common characteristics of dental anxiety in children include:

Fear of pain: Children with dental anxiety may be afraid of experiencing pain during dental procedures. They may have had negative experiences in the past that have reinforced this fear.

Fear of the unknown: Children with dental anxiety may be afraid of what will happen during dental procedures. They may not understand what is happening or what to expect, which can increase their anxiety.

Generalized anxiety: Children with dental anxiety may have generalized anxiety that extends beyond dental procedures. They may be anxious or fearful in other situations as well.

Negative past experiences: Children who have had negative experiences with dental procedures in the past are more likely to develop dental anxiety. These experiences may include pain, discomfort, or feeling out of control.

Parental anxiety: Children whose parents are anxious about dental procedures are more likely to develop dental anxiety themselves. Parents who express fear or anxiety about going to the dentist can unintentionally pass this anxiety on to their children.

CONCLUSION

In conclusion, dental anxiety in children is a significant problem that can have serious consequences for oral and overall health. Addressing dental anxiety in children is essential for promoting good oral health outcomes and overall well-being. Behavioral techniques, pharmacological interventions, and emerging technologies are all promising approaches for addressing dental anxiety in children. The future of addressing dental anxiety in children looks bright, but it is important for dental care providers to remain vigilant and proactive in this area.