

INTRODUCTION

Depictions of dentists in popular cultures have often been negative. Let's face it, sometimes deservedly so. Longer appointments, patient discomfort, dental anxiety and the need for multiple follow ups are the general short comings.

Like all industries, traditional practices are being disrupted in Dentistry too. With advancements in technology, there are several innovations that could change and improve the quality of care, we can offer.

Digitalization and modernization not only makes a Dentist's work flow easy but also makes patients comfortable . Here are few ways to Impress the patients and modify their perceptions towards Dentist .

DIGITAL IMPRESSIONS & CAD - CAM

CAD-CAM technology has several advantages as it doesn't require physical impressions – Mess free and Gag free procedures. It removes the risk of impression shrinkage, leading to fewer adjustments and lesser chair time.

In addition, it eliminates the need for repeat impressions and the patient is spared the inconvenience of additional anesthesia, cord packing, and reprovisionalization. It is interesting to note that of the approximately 40 million conventional impressions taken each year, more than 50% of these do not capture the entire preparation margin, thus impacting the quality of the final restoration .

Digital impressions also eliminate the need for purchasing impression trays and materials, as well as the cost of shipping impressions to the lab. A related benefit: reduced environmental footprint. The impressions can be sent to the lab or prepared at the office with comparatively less waiting period. No wonder this creates an another level of interest and comfort to patients, which is all the dentists aim for.



NEEDLE ANXIETY

Dental phobia is called Belonephobia, which means "fear of needles" in Greek. Studies suggest that as many as 40 million Americans refuse to go to the dentist because of Belonephobia. If patients are skipping on recommended dental care, it is more than their smile that is at risk.

Dental vibrators are unique tools that can help alleviate dental fear and anxiety, allowing a pleasant experience . They provide gentle vibration to the site of the dental injection. This vibration overloads the nerve that sends pain signals to the brain so that pain or discomfort from the injection, is not registered. The sound of the vibration creates an added distraction besides helping disperse the anesthesia for quicker onset.

Virtual Reality (VR) glasses are an effective tool for improving behavior and reducing pain perception during the dental treatment in children. Using VR, real world sensations can be reframed in the VR world in a supporting and engaging way.

In fact, many patients acknowledged in surveys that if such tools were available when they were younger, their dental fears would have never begun.



LASERS

LASER DENTISTRY HAS MANY ADVANTAGES

LASER DENTISTRY REDUCES PAIN

Plenty of dental procedures that caused pain in the past are no longer painful now that lasers are used. Patients of all background and pain tolerance levels find laser dentistry to be comfortable. There is no need to use loud drills that vibrate and cause pain. In fact, laser dentistry is painless to the point that most patients do not require any type of anesthetic. The reduction in pain allows for rapid recovery. Furthermore, the chances of complications during treatment are greatly reduced with this approach

LASER DENTISTRY REDUCES DENTAL ANXIETY

Ask anyone who fears going to the dentist office about the appeal of laser dentistry and you will be inundated with praise for this technology. Those who have tried laser dentistry testify to the fact that it causes minimal, if any, pain. As a result, patients are not nearly as nervous as they are when heading to the dentist's office for a traditional treatment.

LASER DENTISTRY MINIMIZES BLEEDING AND SWELLING

Laser dentistry makes use of highly concentrated light beams to apply treatments and even perform oral surgeries. Bleeding would undoubtedly be an issue if lasers were not used. These beams of light keep bleeding to a minimum and decrease swelling following the procedure

A LOWER CHANCE OF INFECTION

Laser beams are revered throughout the dental community partially because they actually help sterilize the area they contact. This sterilization process reduces the chances of complications, the spread of bacteria and the potential for an infection.

THIS HIGHLY PRECISE APPROACH RESULTS IN LITTLE TRAUMA

Laser treatments eliminate tooth decay along with bone and gum tissue without impacting nearby areas. Certain laser procedures do not require any stitches. This means there is minimal trauma to the gums and teeth. The patient retains the majority of the natural composition of these important oral structures thanks to the minimally invasive nature of laser dentistry.

LASER DENTISTRY PREVENTS SUBSEQUENT PROBLEMS

Lasers are quite effective in eliminating cavities prior to a filling. The patient will head on home with the legitimate expectation that the tooth filling will last longer and prevent the growth of new bacteria.

CONCLUSION

"First impression is the best impression"

Its the time to rewrite dental stories on a positive note by adopting modernization and digitization .

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