



Northlight  
DENTAL



High Quality General Dentistry

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Treatment of Dental Anxiety

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## SPOTLIGHT ON:

### Sunil Passan Northlight Dental

#### Common Dental Myths

Visiting the dentist is widely acknowledged as an important part of a balanced and healthy lifestyle. However a large proportion of the general population still do not attend on a regular basis. Sunil Passan, principal dentist at Northlight Dental in Aspley Guise, discusses commonly held dental misconceptions.

#### “Regular Check-ups Are Not Important”

The ‘if it aint broken, don’t fix it’ approach is often cited as a reason for people not to see a dentist regularly. Many only attend once the dreaded tooth ache has kicked in. Unfortunately, leaving things this late usually means more drastic, and expensive, treatment is required. Attending for regular dental check-ups allows the dentist to pick up problems early. Then, relatively simple treatments can be used to remedy the problem. Ideally, regular check-ups can allow preventive techniques to be used which can help avoid dental disease from starting in the first place. Prevention is always better than cure.

#### “A Visit to the Dentist is a Traumatic and Painful Experience”

For many a trip to the dentist is up there, along with a close encounter with a spider, in their list of least favourite things. Having a needle in the gum is often seen as the worst part of the whole experience. But anaesthetic techniques can nowadays be performed very gently and make the vast majority of dental treatments pain free. For those with more



severe anxiety or a true dental phobia, techniques such as sedation can be extremely effective, allowing even the most nervous of patients to have treatment in comfort.

#### “Bleeding Gums are Normal”

Healthy gums should not bleed on brushing and if they do then this is usually a sign of gum disease. This is often underestimated and if allowed to progress can lead to loss of the supporting bone around the teeth and eventually tooth loss. And it may not just be the health of your mouth which is at stake as recent research has proven a direct link between poor gum health and heart problems. The dentist can evaluate the health of your gums and regular visits to the hygienist are an essential part of ensuring a healthy mouth.

#### “It’s too Late for Me to Have a Nice Smile”

There are many aspects to feeling good about yourself. Being able to smile with confidence is an essential part of this, at any age. Modern dentistry has a range of techniques to offer. Everything from simple tooth whitening to more comprehensive treatments such as veneers and tooth straightening procedures. Remember it’s not about vanity but self confidence, and even minor improvements can make a world of difference.

For further information please visit our website [www.northlightdental.co.uk](http://www.northlightdental.co.uk) or call 01908 584461 for an informal consultation.

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