

## **Fear of Dentist: A proposal for reduction of dental anxiety**

### **Abstract**

This study is a literature review covering the origins, characteristics and relevance of dental fear, so dentists can render a more humane care towards their patients. It seeks to identify the major stimuli that increase anxiety related to anesthesia and to high-speed dental handpiece. It also suggests, as a contribution, the introduction of a dental fear desensitization program for reducing anxiety in patients during anesthesia, resulting in more relaxation for the dental treatment.

**Descriptors:** Dental anxiety. Dental anesthesia. Anxiety. Phobic disorders.

Ulhoa M, Reis Filho NT, Mariano JR. Medo de dentista: Uma proposta para redução da ansiedade odontológica. R Odontol Planal Cent. 2015 Jul-Dez;5(2):35-41.