

The Effectiveness of Music Therapy Combined with Aromatherapy in Reducing the Children's Dental Anxiety and Fear

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Received: February 06, 2023; **Published:** February 10, 2023

During childhood, dental procedures have always been a nightmare for children and adolescents due to having fear of dental pain during the treatment. In most cases, children hide their dental problems from their parents for fear of going to dental offices and dental centers and do not reveal them until they are faced with a major dental problem, such as dental abscesses and other cases are encountered. Unfortunately, when parents become aware of this issue, it is too late in most cases and there is no treatment except tooth extraction. As we know, childhood dental anxiety and fear are most likely associated with procedures such as tooth restoration and tooth extraction. Hence, researchers have been thinking of a solution to overcome this problem for many years.

Many ways have been used to reduce stress, fear, and anxiety, including the use of sedatives, the application of professional tricks, applying a series of strategies, control of child behavior in a dental environment, Neurofeedback, design of relaxing dental office, and Buzzy device. But it seems that the application of the above has had an effect in reducing children's fear and anxiety to some extent.

Recently, a new study reveals that Music therapy combined with aromatherapy can effectively manage the fear and anxiety of dental in school-aged children.

In this research, they tried to distract school-aged children patients and control the environment through music therapy and aromatherapy which has helped lessen the psychological and physiological effects of anxiety, including changes in heart rate, respiration, and other central nervous system activity.

The results show both patients who received music therapy and aromatherapy had decreased dental anxiety and fear, decreased systolic blood pressure, and increased oxygen saturation values.

There were even more benefits for patients who received the combination of music therapy and aromatherapy. Patients who chose their favorite music had less anxiety and fear, while aromatherapy helped minimize the strong smell of dental materials that most pediatric patients complained about. On the other hand, the ingredients in Lavender essential oil act like a sedative and calm the brain.

If such an approach effectively reduces stress and fear in children, we can conclude that we should not see any bad dental experiences in children in the future [1-8].

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Volume 12 Issue 3 March 2023

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