

Reflexology in the dental chair (Western New Jersey USA)

By Kristen Belcastro

Shortened version...

Imagine working on a patient, uptight, maybe even nasty and short with you. Only this visit they are relaxed, calm, and nice to talk to. Your interaction with the patient leaves not only the patient, but you and the doctor in a calm and stress-free place.

In the fall of 2012, Dr. Oras and I thought we would try it and see how it would be to apply Reflexology in the dental chair. The results were amazing. When Reflexology is applied before, during, and after a dental appointment, the level of relaxation is undeniable. The patient is no longer stressed and tense, therefore the person can gently allow the dental work to be done without fighting it. The cheeks are relaxed. The tongue is relaxed. The gag reflex is decreased. The coughing, swallowing, and excessive spitting is decreased. The doctor and assistant efficiently perform the procedure and walk away with no angst or frustration. In fact, since I am at the feet during some procedures the doctor does most of the procedure without another assistant because the dentistry is much easier to do.



As you can imagine, introducing this concept to new patients often requires a bit of explaining. With the increasing awareness of all things holistic, most people have a general knowledge of chiropractic, massage, or acupuncture. The benefits of these practices do not end with relaxation. Our patients have reported less post-operative tooth sensitivity, and for some, discomfort in other areas of their bodies subside. We heard of one case of tinnitus subsiding, and another patient's MS symptoms eased.