



Hypnosis through My Own Experience

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I have always aspired to welcome and relax patients before treating them. Previously, only my warm and smiling welcome helped me put patients in the best possible conditions to receive care. The benefits of this reception diminished significantly once the patient was installed in the chair, especially for phobic patients. Thanks to the technique of hypnosis, I was able to maintain this state of relaxation during the administration of the treatments. Here is how I proceed: Below is the case of a 12-year-old child from whom I have to extract two permanent teeth (16 and 26) due to cavities. Accompanied by his mother, I make him sit on the armchair in the presence of the assistant. I tell him that I will explain to him precisely what I am doing to him for the duration of the treatment, that he can be calm, that everything will be fine. In my soothing words, I do not use any negative words, nor any words that evoke pain or suffering. Indeed, under hypnosis, I speak to the unconscious, and it does not know the negative form. If I say "you're not going to hurt", the unconscious retains only the word hurt. If I say "you're not going to feel any pain, he only hears the word pain. Therefore, I adapt my speech and only say reassuring words, used in the positive form: "Everything will be fine, be calm. You just have to listen to me carefully and calmly, let yourself be carried away by what I say, and you will see that the care will be quick and that you will be gone quickly. First of all, by doing my contact anesthesia for tooth 16, (only one tooth is extracted at a time), then the real anesthesia with needle, I generate in the patient a state of well-being thanks to relaxation. To do this, I use belly breathing, the same as for meditation and yoga. It allows me to reach trance, the first phase of hypnotic induction. "Take a deep breath in through your nose, let the air enter your throat, your chest, and up to your belly, which you swell. It's good, it's very good, once again, at your own pace. I breathe with you, you can close your eyes if you want. Let yourself go. The assistant and I work in your mouth, and you, meanwhile, you will go practice your favorite sport. We can stop at any time at a simple sign from you. During the previous meeting, I took care to find out about his favorite activities, in this case skating. I ask him to put on his skating outfit, put on his skates, lace them up, etc.

All this with great precision. The child closes his eyes, he is far away (in a trance) and I know he hears me. He keeps his mouth wide open at our request and I can thus use the turbine to cut the roots, then the other instruments used to remove the 3 very long roots of this molar. The child is calm, he breathes well. The assistant and I help her and support her in maintaining her breathing. At the end of the session, I ask him to keep only the good memories, those of relaxation, relaxation and skating practiced in anticipation of the next appointment for the extraction of the 26. Then I bring him back in stages, counting from 5 to 1 so that at 1 he opens his eyes. He smiles and is ready to leave with his tooth in a bag. The next time, I ask him if he remembers what we did last time. He first answers me "no", then says to me: "ah yes, when I went skating! He doesn't mention any unpleasant memories, turbine noise or pain. This represents the benefit that both the patient and the practitioner can derive from the practice of conversational hypnosis. My daily exercise has been greatly improved. It is indeed very energy-consuming to have to impose care on fearful or uncooperative patients. I receive many testimonials of recognition from the parents and children I receive. The perception that patients have of the session at the dentist is no longer the same. They perceive a noticeable improvement that they think is the cause. Their behavior has changed vis-à-vis the dental care provided. The implementation of the practice of hypnosis requires me more time and energy, but the benefit to the patients and myself is well worth it!