

1. Fogorv Sz. 1997 Apr;90(4):107-10.

[The use of hypnosis in stomatology]

[Article in Hungarian]

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It follows from the foregoing that hypnosis itself can not cure, but it is a great possibility to use it as a supplementary method and a curing means in our practice. The treatment is applicable for stomatological interventions, and somatic diseases of psychic origin which have connections on our field. Thus hypnosis can effect out therapeutic-work very favourable.

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1. Am J Clin Hypn. 1991 Apr;33(4):248-53.

Suggestive hypnotherapy for nocturnal bruxism: a pilot study.

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Although one can find many case reports of hypnotherapy for bruxism, there is a paucity of scientific research on the subject. This study describes the use of suggestive hypnotherapy and looks at its effectiveness in treating bruxism. Eight subjects who reported bruxism with symptoms such as muscle pain and complaints of bruxing noise from sleep partners were accepted into the study. An objective baseline of the bruxing was established using a portable electromyogram (EMG) detector attached over the masseter muscle during sleep. Hypnotherapy was then employed. Both self-reports and posttreatment EMG recordings were used to evaluate the hypnotherapy. Long-term effects were evaluated by self-reports only. The bruxers showed a significant decrease in EMG activity; they also experienced less facial pain and their partners reported less bruxing noise immediately following treatment and after 4 to 36 months.