

ABSTRACT**The Effect of Progressive Muscular Relaxation and Post-Hypnotic Suggestion
Against Anxiety of Patients Prior to Odontectomy Procedure*****Abstract***

Background: In some extraction cases, whereas tooth is fully embedded inside the alveolar bone, rather complicated procedures need to be performed as opposed to a simple surgical procedure on the fully erupted tooth. This surgical procedure, commonly known as odontectomy, can trigger apprehension and anxiety to the patient. Usually, the patient shows excessive sweating, increased blood pressure and pulse, palpitation, and increased muscle tension. Anxiety is a subjective normal human response to threatening situation. To overcome anxiety, various methods have been introduced including Over Progressive Muscular Relaxation (Over PMR) and Therapeutic Post-Hypnotic Suggestion (TPHS).

Purpose: To assess the effect of Over PMR and TPHS to patient anxiety level prior to odontectomy procedure. **Method:** This is a clinical experimentation with 35 sample of patients whom are about undergo odontectomy. The patients range from 18 to 40 years old. Blood pressure and pulse were measured before the surgical procedure. Patients were also asked to fill in questionnaire to assess their anxiety level. Hence, the patients were introduced to Over PMR and TPHS. Afterwards, their blood pressure and pulse were re-measured. Sphygmomanometer was used to measure the blood pressure while palpation on the radial artery was performed for one minute to count the patient's pulse. Anxiety level was assessed based on Modified Dental Anxiety Scale (MDAS) method.

Result: The study showed significant difference on blood pressure, pulse, and anxiety questionnaire scores based on paired T-test and Wilcoxon signed ranks test ($p < 0,05$) between pre and post Over PMR & TPHS. **Conclusion:** Over PMR and TPHS are effective methods to ease patient anxiety prior to Odontectomy procedure.

Keywords: *odontectomy, anxiety, Over Progressive Muscular Relaxation, Therapeutic Post-Hypnotic Suggestion*