



Maltepe Dental Clinic Shares Patient Case Study Highlighting Role of Tailored Dental Treatment Plan in Overcoming Fear

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Maltepe Dental Clinic, a dental practice with facilities in Istanbul and London, has released a patient case study examining how a German woman managed both a long-standing fear of dental treatment and a fear of flying to complete care in a single week. The account follows the clinic's earlier publication of a resource addressing dental anxiety, in which Co-Founder Dr. Yusuf Ilhan described fear of the dentist as a genuine medical concern.

The patient, identified as Farina, described avoiding dental care for years and hesitating to speak or laugh in public because of how she felt about her teeth. For her, the obstacle was not the treatment itself but everything leading up to it, including the journey to Istanbul. The case study documents what made her willing to travel and how her schedule was arranged once she arrived in Kadikoy.

Peer-reviewed German research supports the pattern she described. A study published in Deutsches

Aerzteblatt International in 2013 characterized fear of dental treatment as clinically significant yet under-recognized, noting that avoidance worsens oral health and quality of life and that some sufferers stop speaking or laughing in public out of shame. In 2019, the DGZMK led a multidisciplinary guideline on dental anxiety in adults involving more than twenty organizations, reflecting how German dentistry treats fear of treatment as a condition deserving formal guidance.

The clinic's published resource outlines that every dental treatment plan begins with a consultation explaining procedures at the patient's own pace, with an agreed protocol that keeps the patient in control throughout. Multilingual staff guide patients across each stage of care. The resource describes a range of recognized approaches, including tell-show-do communication and controlled breathing techniques, without specifying which any individual patient receives.

For Farina, first contact came in her own language, matching the clinic's stated commitment to multilingual support. She reviewed the clinic through its published patient videos before deciding to travel and said the experience matched what she had seen. Her appointments were spaced with free days between sessions, allowing time to adjust. She noted that dental standards in Germany are good and that she preferred her experience in Istanbul.

Dr. Yusuf Ilhan, Co-Founder of Maltepe Dental Clinic, said the case reflects why the clinic addresses fear before clinical work begins. "For many patients, the hardest part happens long before they sit in the chair," he said. "When a person tells us about years of avoidance, our role is to build a dental treatment plan around their pace, not ours."

Dr. Alper Gurhan, Co-Founder of Maltepe Dental Clinic, added that the account tests a position the clinic published in advance. "We put our approach to dental anxiety on record before this patient ever traveled," he said. "Reducing the barriers around care matters as much as the dental treatments themselves."

Maltepe Dental Clinic was founded in 2002 by Dr. Alper Gurhan and Dr. Yusuf Ilhan. It operates a five-floor facility in Istanbul and maintains a consultation office and partner clinic in London. The clinic has treated patients from more than 85 countries and employs multilingual staff to support international patients throughout their care.

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Maltepe Dental Clinic

Maltepe Dental Clinic delivers world-class dental care, backed by over 22 years of expertise, cutting-edge technology, and a dedicated team, serving patients in Istanbul and at our London consultation office.

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