



UNDERSTANDING SEDATION DENTISTRY

Experience dental anxiety?
Don't lose sleep over it. Literally!
(Pun Intended)

PRESENTED BY:



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“Well, I may fear the dentist a little bit...”

Dental fear is something that many people experience! In fact, it's been estimated that 30 to 40 million Americans avoid seeing the dentist because of fear and anxiety. In a survey by the British Dental Health Foundation, 36% of those who didn't see a dentist regularly said that fear was the MAIN reason. So yeah, many people fear the dentist.

“There are varying degrees of dental anxiety and phobia. At the extreme, a person with dental phobia may never see a dentist. Others may force themselves to go, but they may not sleep the night before. It's not uncommon for people to feel sick — or, in some cases, to actually get sick while in the waiting room.”

SOURCE



What does that mean for those who suffer from dental fear?

We're dental professionals! We know what to do when you shrug your shoulders, tighten your neck, and clench your jaw. If your heartbeat accelerates and fear begins to take over, we know how to step in and help overcome those fears.

So don't worry for a single second more, we've got you covered! We help patients relax during their visit and keep themselves healthy with the use of sedation dentistry! So what types of sedation dentistry are there? We'll go through the different sedation options in the next few pages.

NITROUS OXIDE:

Nitrous Oxide (also known as laughing gas) is used as a safe and effective sedative agent. When mixed with oxygen and inhaled through a small mask that fits over the nose, Nitrous Oxide has successfully helped many anxious patients relax.

Nitrous Oxide is just one option your dentist may offer to help make you more comfortable during certain procedures, but it's not intended to put you to sleep. You'll still be able to hear and respond to any requests or directions the dentist may have, but just don't expect to be able to carry out detailed conversations the whole time.



Your dentist can also control the amount of sedation you receive, and the gas tends to wear off quickly. You inhale the gas from a face mask—no needles, no gag reflex (Unless you gag when you breath normally, in which case you may want to make a doctor's appointment after the dentist). The gas has no color, no smell, and doesn't irritate. Within 2 to 3 minutes, you'll experience a full-body euphoria and pain breezes away – while peace settles in. Nitrous Oxide is the only form of sedation where you may be able to drive yourself home after the procedure.

ORAL SEDATION:

Oral sedation is when you take anti-anxiety medication. These pills bind with the receptors in your brain that are responsible for fear, and tones them down a few notches - like the volume knob on your radio. Depending on the dosage and type, you'll experience a calming effect, drowsiness, minor amnesia, and tingling sensations.



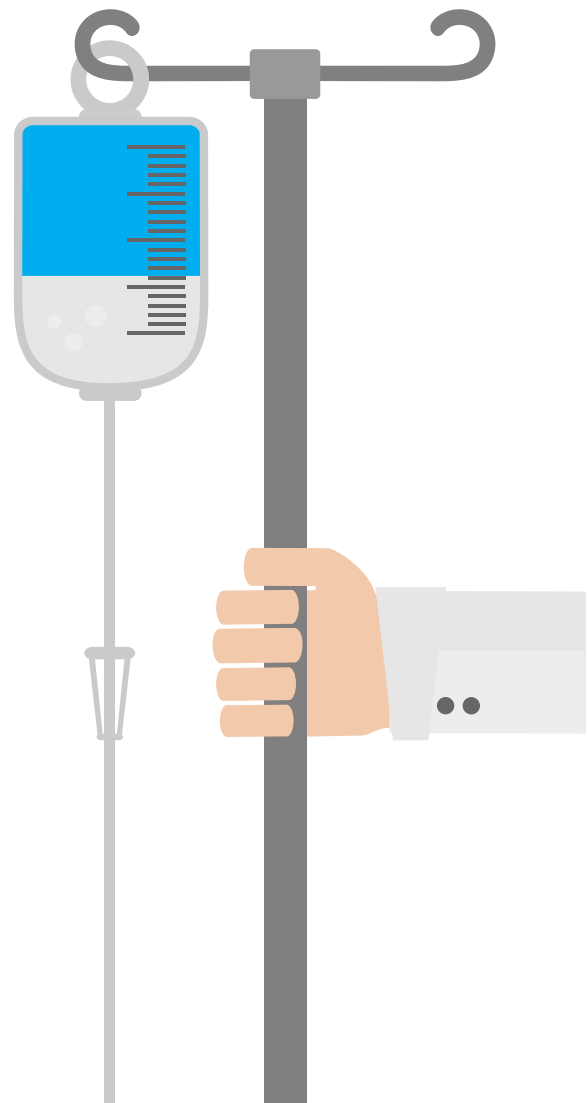
These medications are similar to those used by people who experience anxiety before getting on an airplane, and depending on the total dose given, oral sedation can range from minimal to moderate. But remember: Always have someone available to drive you home! A great rule of thumb is “never pop pills and drive.”

With oral sedation, you can get extensive detail work done right the first time, and in less visits!

IV SEDATION:

Intravenous Sedation is administered directly into the blood stream by an anesthesiologist. If you fear needles (which is not uncommon), your dentist can apply a deep numbing cream to the injection site, or even administer nitrous gas. If you also fear breathing or creams, definitely maybe make a doctor's appointment too.

With IV Sedation, you remain conscious and are able to respond to requests from your dentist during this type of sedation ("please act like a chicken"). Time will appear to pass by really fast, and the procedure you may feel a little "drunk", so always have a friend drive you home afterwards, take it easy for a few hours, and avoid texting your boss or your ex.



“How Does It Feel?”

Many people wonder what sedation dentistry actually FEELS like! So we asked a few people who choose to use sedation dentistry.



“My doctor prescribed me valium. I take one 30 minutes before my appointment. It makes you a little sleepy and your anxiety disappears. It puts you in a “whatever” mood and helps you stop thinking about the pain or worries.”

– Patient of Oral Sedation



“At first, nothing happens for several seconds and then you begin to feel light-headed (a little drunk) for a few moments, which is not unpleasant. Then instantly several hours have magically passed and everything has been done! You feel fairly dopey and woozy afterwards where you may want to go and sleep it off.”

– Patient of IV Sedation



“No real loopiness but just a sense of “yeah, I can get through this.” The biggest sensation was my legs felt kinda heavy as if to say “maybe I want to stay here a while.” I wanted to stay at the dentist! Can you believe this?”

– Patient of Nitrous Sedation



*“Flaw floo shaw lee doo dah...
Muuuuyyyy ttteeeeffff feeeeeeelllll ggggggggoooooooodddddd...”*

– Patient currently in Sedation



We care about your comfort!

With sedation, we can help you through your dental appointment with little to no anxiety. Depending on the option used, you may not even remember your appointment at all!

We want you to rest easy, knowing that we always do our best to make sure you're comfortable.



Ready to conquer your fears?

Need a little more reassurance?

SET AN APPOINTMENT

PATIENT TESTIMONIALS



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