

## STILL IN FEAR OF VISITING THE DENTIST?

Sleep, or IV Sedation Dentistry is a still relatively new procedure and something that most people do not take advantage of. For most people seeing the dentist is just another part of everyday life but for others sleep dentistry has made a world of difference. These people are no longer forced to visit their dentist in extreme fear or completely avoid getting the oral care they need.

Sleep dentistry is clearly not for everybody but if you are sick and tired of dealing with the fear and anxiety of visiting your dentist then you should get in contact with a sedation dentistry specialist to discuss your options and find out if sleep dentistry is right for you.

### IT'S TRUE!

Once you've experienced sedation dentistry, you'll never be afraid to go to the dentist again.

Because sedation is safe and predictable, we can use it to relieve your anxieties and increase your comfort during virtually any dental procedure normally done without sedation.

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**IMPRESSIONS  
DENTAL CENTRES**

## SLEEP DENTISTRY

*Your Patient Guide*



### DID YOU KNOW?

Thousands of people put off seeing the dentist every year and risk the health of their smile because of their fears. Sleep or Sedation Dentistry can put your fears to rest!



**IMPRESSIONS  
DENTAL CENTRES**

## WHAT IS SEDATION OR SLEEP DENTISTRY?

Sedation, or Sleep Dentistry is a rather new dental technique that is performed by specially trained professionals known as sedation dentists. The technical definition of sleep dentistry is the use of anesthesia during dental treatment to allow a patient to sink into a state of deep relaxation. With sedation dentistry you can visit your dentist with peace of mind of knowing that it will be a relaxed, pain-free, and anxiety-free visit.

If you have long been someone that either fears the pain of dental work or you don't like having personal space invaded then it might be time for you to consider a sleep dentist.

## HOW DOES SLEEP DENTISTRY WORK?

With sleep dentistry usually patients will be given some type of medication in advance by their sedation dentist and be instructed to take it before their visit. In this case it will require the patient to have someone else take them to the dental office.

The medication that they are given should not put them to sleep but should make them quite drowsy. Once in the dental chair they should become extremely relaxed and although technically conscious they will essentially be asleep.

## ARE PATIENTS UNCONSCIOUS?

Generally patients are not unconscious during sleep dentistry. There are cases where a procedure may require an unconscious or deep sedative state but these are quite rare. In most cases the patient is actually put in a physical state of extreme relaxation where they doze in and out of being awake. Their sleep state is generally just deep enough that they don't realize the procedure is taking place and they wake up with little or no memory of it.

## IS SEDATION SAFE?

**Yes!** The use of intravenous sedation in dentistry has a commendable record of safety due to the advanced training of the doctors and their commitment to your overall health. It is, however important to advise your dentist or doctor of all medications that you take as well as any changes in your health since your last visit.

A special permit is required to administer intravenous medications along with the ability to handle emergency situations as well as having specific emergency medications and equipment on hand is also mandatory.



Rest assured that our specialized staff will be monitoring you closely and following your treatment until you are discharged to the care of a responsible adult.

## WHEN IS SLEEP DENTISTRY USED?

Sleep dentistry is most often used in situations where a patient requires a long or typically painful procedure. It is also often used with patients that experience dental phobia. People with a dental phobia or dental anxiety usually either have a natural fear of the dentist or experienced some type of traumatic event with a dentist while they were a child. Sleep dentistry is also used quite often with children since they can be easily frightened and usually have a hard time sitting still for an extended period of time. In most areas you can find a special pediatric sedation dentist for your child.

## HOW IS THE MEDICATION ADMINISTERED?

Sedative medications are typically given intravenously. Since the effects are so rapid, by the means of administration, the dentist or doctor can precisely give the correct amount of sedation to make you feel relaxed and comfortable. If more sedation is needed during the procedure, it may be administered via the intravenous line.

## DENTAL SEDATIVES

Currently there are four different types of dental sedation with each one being a possibility depending on the type of procedure the dentist will be performing on its patient. The types of sedatives can include: [Oral Sedatives](#), [Nitrous Oxide](#), [General Anaesthesia](#), and [Intravenous](#).