



Gentle Dental - The Anxious Patient

Gentle Dental

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What is sedation?

The best treatment for an anxious patient is kindness and consideration. At Gentle Dental, we take great care to ensure stress and pain free dentistry is practised. Some patients, however, will need a little extra help.

There are basically two types of sedation, inhalational and intravenous. Intravenous sedation is more commonly used. In this technique a drug (usually midazolam) is introduced into a vein in the back of the hand to induce a state of semi-consciousness. Inhalational sedation (or gas) involves the use of nitrous oxide to produce euphoric feelings during dental treatment. The level of consciousness is much higher during inhalational sedation.

What is hypnosis?

Hypnosis is a state of altered consciousness that enables the mind to become dis-

Why are these techniques needed?

Very anxious or phobic patients can find dental treatment very distressing. These techniques allow patients to reduce their stress levels and perhaps have dental treatment done that otherwise would be impossible. These techniques may also be useful where a longer procedure is planned (such as extraction of wisdom teeth).

Does it always work?

Conscious sedation is the most reliable for

sociated from the physical world around it.



At Gentle Dental we understand your anxiety

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Special points of interest:

- A number of different techniques are available for the nervous patient
- The best treatment is kindness and consideration
- At Gentle Dental we pride ourselves on the way we look after our patients
- Modern dentistry should be pain free

How do these procedures work?

Hypnosis will usually take between 3 and 6 visits and our aim is usually to teach the patient self-hypnosis techniques to use during treatment. We will sometimes also give patients tapes to use at home to perfect technique. Each session is usually of an hours duration. In certain circumstances, the hypnotist may come in with the patient during treatment.

For **inhalational sedation**, a nose mask is used during treatment. The euphoria starts after just a minute or so of breathing the nitrous oxide and stops very quickly once the mask is taken away.

Intravenous sedation will take between five and ten minutes to take effect and the line is left in during treatment as in longer procedures a top up is sometimes necessary. During treatment, blood pressure and oxygen saturation are measured.



Don't let dental problems stop you getting on with your life

How will I feel after treatment?

Following hypnosis and inhalational sedation, you should simply feel relaxed. Following intravenous sedation, however you will feel tired and although you will feel as though you can drive, cook etc., it is very important that you do nothing else that day. We usually recommend that you simply go home and go to bed. If you arrive without someone to look after you we will refuse to proceed with treatment.

Are there any contra-indications

Hypnosis should be used carefully in patients with psychosis and certain drugs may interact with midazolam. We will always take a careful medical history in patients having these techniques.

“Modern techniques for helping nervous patients are safe and reliable”

Is it expensive?

Hypnosis is £100 per session, whilst sedation is between £190 and £220.

Where can this treatment be obtained?

We are happy to undertake this at *Gentle Dental*.



Every body can have good teeth!