

Patient's Guide To Sedation For Dentistry*



How To Get The Dental Work You Need Without Anxiety

*This Guide is intended as an introductory overview only, and is not a substitute for your doctor's advice.



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Why Are People Afraid To Go To The Dentist?

Uncovering The Root Cause Of Anxiety



What causes dental anxiety? Fear of pain, primarily, according to "The Fearful Dental Patient: A Guide to Understanding and Managing (2011)."

Levy says some dental patients may have either had their own negative experience or simply heard about someone else's negative experience. In addition, according to "Strategies to manage patients with dental anxiety and phobia: a literature review," what dentally anxious patients commonly fear include:

- A sense of helplessness in the dental chair
- Choking and/or gagging
- Detached treatment by a dentist or a sense of depersonalization
- Lack of control during dental treatment
- Ridicule

By definition, according to the March 10, 2015, literature review, "Strategies to manage patients with dental anxiety and phobia," published in the journal *Clinical, Cosmetic and Investigational Dentistry*, dental anxiety, dental fear, and dental phobia differ:

- Dental anxiety is associated with the thought of visiting dentist for preventive care and dental procedures. It's an emotional state that precedes the actual encounter with the threatening stimuli.
- Dental fear is a reaction to a known perceived threat or danger that prompts a fight-or-flight response.
- Dental phobia is a persistent, unrealistic, and intense fear of a specific stimulus, leading to complete avoidance of the perceived danger. Avoidance is characterized as failed appointments, infrequent attendance, and several years of non-attendance, according to the article, "Behavioural dentistry: The impact of dental anxiety on daily living," published in the *British Dental Journal* in 2000. This can lead to more dental pain, poor oral health, and a decreased quality of life, according to King's College London researchers.

The Impact Of Dental Anxiety On Daily Living

The effects of dental anxiety on people's lives are wide-ranging:

Physiological Symptoms

Researchers of an October 2000 study that probed the dental anxiety of 20 adult subjects, as well as its impact on their lives, found that majority of them reported experiencing physiological symptoms of fear (such as dry mouth, sweatiness, and increased heart rate) the day of or the night before a dental appointment. Some reported feelings of exhaustion after the appointment, which prevented them from carrying out normal daily activities.

Avoidance Behaviours

Participants expressed that in order to avoid going to the dentist, they avoid eating certain foods, particularly hard food (because of reduced ability to chew) or cold food (because of sensitivity); are motivated to maintain stellar oral hygiene and purchase what they perceived to be the best aids to oral hygiene; and self medicate (including the use of antibiotics and over-the-counter analgesics).

Loss of Sleep

A majority of participants reported loss of sleep the night before a scheduled dental appointment, as well as dreams and nightmares "remote from a dental appointment" (although these were reported less frequently).

Source: "The impact of dental anxiety on daily living" (October 2000, British Dental Journal)

Sedation For Dentistry

Relaxation and sedation options are available at Consilium to help you receive the dental care you need while being comfortable and free from dental anxiety.

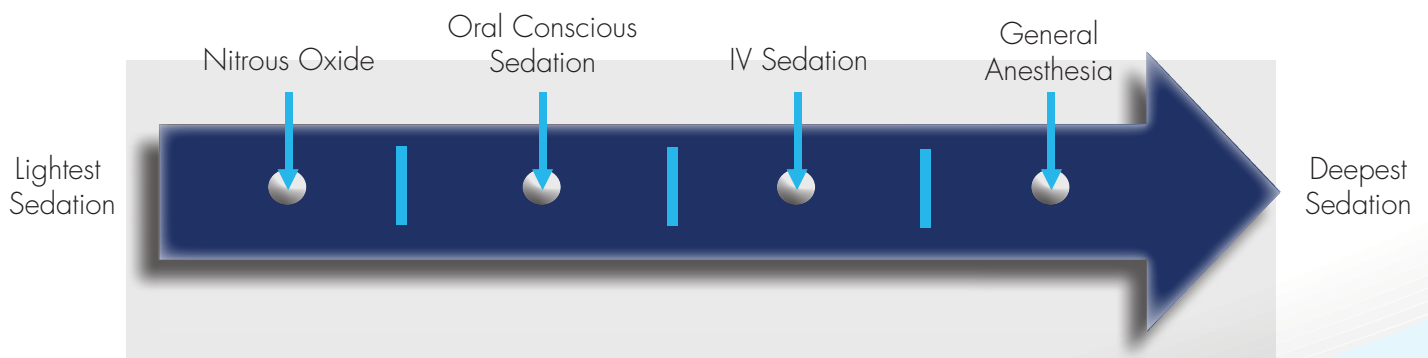
The most popular types of dental sedatives are nitrous oxide and oral conscious sedation. Different levels of sedation can be utilized depending on an individual's need.

Oral Conscious Sedation is an ideal sedation option for moderate to severe anxiety towards dental treatment and for those with a fear of needles.

Sedation for dentistry allows you to receive the dental care that you want without the fear and anxiety often associated with dental treatment. You can take comfort in knowing that absolutely nothing will be done until you are completely comfortable. It is also great for busy individuals who don't have time to dedicate to multiple dental appointments.

For patients with severe anxiety Dentistry at Consilium also provides Deep Sedation and General Anaesthesia for both children and adults.

The Four Most Popular Forms Of Sedation Are:



NitrousOxide

Nitrous oxide, or "laughing gas" can be added onto just about any dental appointment on request, even cleanings! The gas is delivered through a soft nose piece and provides relaxing effects within the first few minutes. With nitrous oxide you are still completely conscious, just relaxed. Local anesthesia will also be used (with the Wand) as needed. Once your treatment is complete, the nitrous gas is turned off and the relaxing sedative wears off. You will be fully recovered at this point and can drive yourself to and from the appointment.



Oral Sedation



Oral conscious sedation is the perfect compromise between IV sedation and nitrous oxide. The medication is taken by mouth and makes you feel very sleepy. Although you will still be conscious, it will usually feel like you are dreaming or taking a light nap. Oral sedation lasts for several hours, and in most cases, all of your treatment can be completed in one visit. By the time sedative effects begin to wear off, your dentist will be finished restoring your smile.

Oral sedation is one of the safest options for sedation inside of the dental office. Nearly all healthy patients are candidates and it works for people all ages 11 and older (we have options for younger children as well). The medication has a wide margin of safety and is administered when you arrive at the office. Local anesthetic is still required to make sure you are comfortable - it is given after you are sedated and before treatment begins. As a result of the properties of the medication used, most patients report little to no memory of the visit. You will need a ride to and from the appointment and there are special precautions to follow before the visit.

Intravenous Sedation (Deep Sedation/Twilight Sedation)

IV Sedation can produce a deep level of sedation. It employs medications delivered intravenously to help the patient sink into a deeply relaxed state for as long as necessary to complete treatment. Many people do not choose IV sedation because they fear needles and the IV is a problem for them. Local anesthetic is still required to make sure you are comfortable - it is given after you are sedated and before treatment begins. You will need a ride to and from the appointment and there are special precautions to follow before the visit.

General Anesthesia



General anesthesia allows routine or complex dental treatment to be performed in an unconscious state. This is the method employed in hospital operating rooms. It begins with a gas that is inhaled through a mask and they is augmented with medication delivered through an IV line. The IV can be placed after you are comfortable so it works well for all patients. General anesthesia is the most common form of sedation used for children needing a lot of dentistry done in one visit.

General anesthesia requires specialized equipment and is administered by an anesthesia specialist who, along with the anesthesia team of Registered Nurses, will ensure a safe visit. You will need a ride to and from the appointment and there are special precautions to follow before the visit

Who Qualifies for Sedation Dentistry

Actually, most people qualify for sedation dentistry. If you have ever had a bad experience with dentistry, are afraid of needles, have trouble getting numb, don't like the sounds of the drills or the smell of the dental clinic you may want to consider some form of conscious sedation dentistry.

Sedation may be the greatest advance ever made towards truly anxiety-free dentistry. Dental treatment can create an enormous amount of fear for many people. In a survey by Noven Pharmaceuticals, researchers found that 50 percent of adults expressed some fear when faced with a prospect of sitting in the dentist's chair.

Anxiety Questionnaire



Take this 2 minute questionnaire to find out if you should be asking for sedation dentistry:

1. If you had to go to the dentist tomorrow, how would you feel about it?

- a. I would look forward to it as a reasonably enjoyable experience.
- b. I wouldn't care one way or the other.
- c. I would be a little uneasy about it.
- d. I would be afraid that it would be unpleasant and painful.
- e. I would be very frightened of what the dentist might do.

2. When you are waiting in the dentist's office for your turn in the chair, how do you feel?

- a. Relaxed
- b. A little uneasy
- c. Tense
- d. Anxious
- e. So anxious that I sometimes break out in a sweat or almost feel physically sick

3. When you are in the dentist's chair waiting while he gets his drill ready to begin working on your teeth, how do you feel?

- a. Relaxed
- b. A little uneasy
- c. Tense
- d. Anxious
- e. So anxious that I sometimes break out in a sweat or almost feel physically sick

4. You are in the dentist's chair to have your teeth cleaned. While you are waiting and the dentist is getting out the instruments [that] he will use to scrap your teeth around the gums, how do you feel?

- a. Relaxed
- b. A little uneasy
- c. Tense
- d. Anxious
- e. So anxious that I sometimes break out in a sweat or almost feel physically sick

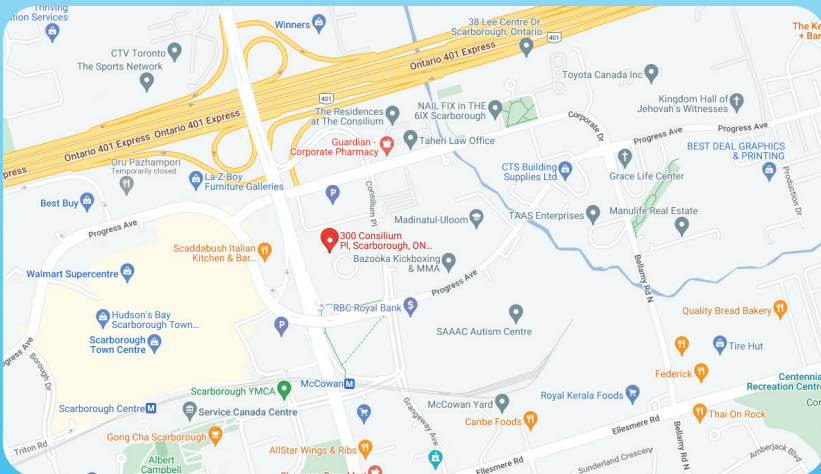
(Source: "Developmental of a dental anxiety scale" 1969, Journal of Dental Research).

If You Answer "D or E" To One Or More Of These You Should Definitely Consider Sedation For Dentistry.

Ask About A Complimentary Consultation!



Call 416-296-1080 to book your appointment.



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