



Edward Feins D.M.D.

## Facts About Sleep Dentistry

1. Sleep Dentistry (or IV Sedation) is where an anaesthetic is applied to the forearm or the back of your hand, and then a sedative and often an analgesic (painkiller) is administered into the vein.
2. Sleep dentistry enables patients to undergo complex dental treatments (which often require six to eight appointments) in just one consultation. Depending on your individual needs, Sleep Dentistry may last between 2 to 6 hours.
3. With Sleep Dentistry you will be relaxed and at ease throughout the procedure. You are not unconscious at any time, just in a deeply relaxed state. When you awake from Sleep Dentistry you will feel refreshed and have very little memory of the procedure or experiencing any pain.
4. Many people fear the dentist and avoid going. As a result, both dental and general health can suffer. While IV sedation may not be suitable for everyone, Sleep Dentistry is especially useful for patients who:
  - a. *Have medium to severe anxiety in anticipation of pain or discomfort (usually the result of a traumatic dental experience in childhood)*
  - b. *Gag or cannot keep their mouth open for a long period of time*
  - c. *Had difficulty in the past with local anaesthetics 'not working' for them as medium to extreme anxiety can sometimes heighten sensitivity.*
  - d. *Are undergoing surgical procedures, for example implants or tooth removal*
  - e. *Desire treatment to be completed in comfort and without recall of any procedures.*
  - f. *Want to complete as much treatment possible in one visit - more can be achieved under IV Sedation as the patient is more comfortable and there is no need to pause for breaks.*
  - g. *You fear the dentist themselves*
  - h. *You are embarrassed or ashamed of your teeth. Thinking that you have the worst teeth and dreading getting a lecture. Being scared that the dentist will judge, humiliate or berate you.*
  - i. *Hate loss of control - not knowing what to expect, losing control or being scared that the dentist will do something that you don't want.*
  - j. *Needle phobia or painful Injections*
  - k. *Dislike the sights, sounds and smells - the whole environment of the dental office*
  - l. *Panicking or crying - thinking you will pass out as soon as you get into the office, panicking, crying or shaking uncontrollably*



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*m. The drill (hand piece) - the sound or sight of the drill, also other instruments associated with the dentist*