

*January, 2009*



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5100 Station Way  
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## *Your Dental Health ... News and Info*

### RELAXATION AND SEDATION

Scott Dickinson, D.M.D.

It is estimated that there are over 80 million Americans that do receive or seek dental treatment due to fear of "The Dentist" or of "The Procedure". My recommendation is don't try to be brave. There are a number of amenities that can help you through any and all procedures. You should employ as many as you need to receive dental care and remain in a state of good dental health.

With all the advancements in medical and dental technology, we are now able to confidently restore our patients to the highest level of dental health along and also provide beautiful, natural esthetics. None of this does any good if the patient is unable to move into health due to anxiety or fear. So along with these medical and dental advancements have also come a number of both relaxation and sedation techniques.

I separate relaxation and sedation for two main reasons. Sedation employs some level of pharmacology to alter the patient's awareness. Secondly, even a non-anxious patient may want to take advantage of either or both techniques.

Relaxation techniques at The Center for Premier Dentistry include distractions like cable television, DVD movies, music and aroma therapy. There are also "comfort amenities" like memory foam chairs with massage, warm blankets and heated neck or eye wraps. These types of relaxation amenities help our patients feel more comfortable, allowing them to engage in longer dental visits without anxiety of the time spent in the dental chair. It also offers comfort and confidence so they may easily return for repeat visits and routine care. We pride ourselves in catering to our patients and encourage our patients to take full advantage of all we have to offer.

Sedation techniques employ some type of pharmacological entity to assist in relaxing our patients. Our simplest and most commonly used sedation technique is Nitrous Oxide sedation. (Laughing Gas) We have this available in all of our dental and hygiene rooms. Our entire staff is educated on the proper techniques in its use. We also offer oral sedation to our patients. This type of sedation offers a comfortable and light sedation for as long as four hours, obtained by taking just a couple of small pills. We find this is an easy and reliable way for a patient to sit for longer dental appointments and remain very relaxed throughout the entire appointment. We also offer IV sedation (intravenous sedation) for our patients who either prefer not to experience any of their dental visits or who have significant anxieties or fears. All three levels of sedation are safe and minimally invasive.

If you have questions regarding any type of relaxation or sedation techniques please feel free to surf our web pages for information or call us at 941-924-7571. Our doctors are happy to spend more time educating you on the topics.