

## **DENTAL SEDATION**

**Bridge Street Dental Centre** proudly offers many alternatives for **SEDATION IN DENTISTRY**.

Sedation is used to help reduce fear, anxiety, and make patients feel much more comfortable during their dental procedures. The following is a brief outline of the various types of sedation we offer.

**NO SEDATION:** The procedure is performed under local anesthesia (freezing) with the patient fully aware. This is the typical dental visit for most dental procedures (fillings, cleanings, crowns, etc.)

**ORAL SEDATION:** This involves taking medication before the appointment to relax the patient, helping to reduce fear and anxiety. Different people absorb and react to relaxation drugs differently, so the greatest limitation is inadequate sedation with the initial dosage given, thereby requiring the patient to undergo the procedure without full sedation or delay the procedure for another time. In dentistry, this is typically recommended for the patient with mild anxiety that wishes to feel a little relaxed on the appointment date. The patient is typically awake during the procedure, and remembers most or all of the procedure.

**NITROUS OXIDE:** Commonly called "laughing gas", nitrous oxide provides a distraction for the patient by altering the level of consciousness to that different than normal consciousness. In some, relaxation is felt. In others, excitement is felt. It is a short acting gas that is quickly reversed with 5 minutes of Oxygen. It typically is used on children for pediatric procedures. With adults, due to the variation in activity of the gas, the patient needs careful screening prior to its administration. Controlling personalities or schizophrenic personalities are contraindicated as the altered states may induce a feeling of panic.

**ORAL SEDATION + NITROUS OXIDE:** The effect of relaxation coupled with altered consciousness. This method is very effective on children who still are uncooperative with Nitrous Oxide gas alone. It slows down the brain, and then takes you on a "floaty" ride. Careful selection for adults once again is critical.

**IV CONSCIOUS SEDATION:** An intravenous line is introduced into a vein on the arm, and carefully selected relaxant medication is slowly administered directly until the exact level of relaxation is reached. This method ensures that relaxation is always established, as the dentist/nurse can increase or decrease the dosage precisely for each individual patient's needs. Patients will not be asleep, but will phase in and out of sleep. Patients will be calm, comfortable, and relaxed for the entire duration of the procedure. Patients typically have no memory afterwards of the procedure. The patient still retains protective reflexes, however they are mildly reduced, and they continue to breathe on their own. This type of sedation is best suited for adults undergoing dental surgery, such as wisdom teeth extractions, implant surgery, or bone and gum surgery. It is also well suited for adult patients that are extremely nervous about any dental procedure. It is not recommended for children, the elderly, or patients with medical or systemic compromise.

**GENERAL ANESTHESIA:** A state of total unconsciousness resulting from general anesthetic drugs. Carefully selected by the anesthesiologist, in the hospital, induction is carried out via either an IV line or through an inhaling agent. Typically there is a need for paralyzing agents to allow the breathing tube to be inserted into the nose or mouth, down past the throat, and into the lungs. Due to the loss of consciousness, protective reflexes are absent, and the patient can no longer breathe on their own. The anesthesiologist is very careful in ensuring that they breathe adequately for you while you are unconscious. There is usually prolonged nausea and vomiting following the anesthesia. In dentistry, this modality is typically recommended for children, the elderly, or patients with specific medical and systemic problems.