



# **How To Beat Your Dental Fears**

**“The Miracle of  
No-Fear Dentistry”**



## **Re: Special Report**

### **How to Beat Your Dental Fears**

Dear Friend,

You are not alone — over 100 million Americans experience some form of fear or anxiety about going to the dentist. However, we can help using three different options for Sedation Dentistry.

#### **Please read these common concerns of fearful patients:**

##### **I have a fear of the dentist and anxiety about needles and/or dental injections.**

There are no needles required to administer most of the treatments used for Sedation Dentistry. Once any of these methods are used you'll be in a heightened state of relaxation and will likely be unaware of needles used to administer a local anesthetic or IV Sedation. The result is an anxiety-free dentistry experience

##### **I have a fear of what the dentist or the staff will say about my teeth & my poor oral hygiene — and how humiliated I will feel.**

The individuals you will encounter will treat you with care, respect and understanding. We are there to serve you and make you feel comfortable and relaxed as you work toward your new smile!

##### **I wasn't given anesthetic for a painful dental procedure in the**

**past and I'm afraid it will happen again.**

We will use the proper amount of anesthesia for your procedure and will continually monitor you to ensure that you remain comfortable and relaxed. We eliminate the pain and fear of going to the dentist, and provides an anxiety-free dentistry experience.

**I don't like the sights, sounds and smells of the dentist's office.**

We can give you medication to take at home so you will arrive at our office before your appointment in a completely relaxed state of mind.

Although you will be aware of where you are, most patients are so at ease when they arrive that they have few concerns. Nitrous Oxide may be used once you arrive to make you even more comfortable and relaxed. Sedation Dentistry eliminates the fear and anxiety that can accompany the sensory experiences of going to the dentist. The result is an anxiety-free dentistry experience.



**I choke or gag very easily and I'm scared of embarrassing myself or even throwing up.**

The sedation techniques we use relax both your mind and your body. Sedation Dentistry allows you to feel at ease in the dentist's chair, allowing your dentist to work in your mouth without you feeling the urge to choke or gag.

**I have a fear of the dentist not stopping if I am distressed or in pain.**

We are dedicated to ensuring you have a relaxed, comfortable, anxiety-free dental visit. Once you arrive at the dentist's office before your appointment, we will ensure that you are comfortably sedated. A dental assistant will remain with you while the doctor is working to continue to monitor you and your level of comfort throughout the procedure.

**I'm worried that I will have a panic attack or start to cry or shake uncontrollably in the dentist chair and what the dentist/staff will think of me.**

With most methods that we use, you will arrive at his office already feeling very relaxed and comfortable. If your level of comfort changes at any time, our highly trained staff will make the necessary adjustments to ensure you remain anxiety-free.

**I can't sit still for long periods of time — I'm afraid I will get restless or have a strong reaction to feeling out of control.**

Sedation techniques relax you into an almost "daydreaming" state of mind. Rest assured, you will be closely monitored to ensure that you remain completely relaxed and comfortable throughout your appointment.

**I am afraid of not being told what's going on.**

We will go over your entire treatment plan prior to your scheduled appointment. The day of your appointment, depending on what method of dental relaxation you have chosen, you may arrive already relaxed and will be mostly unaware of what is happening during your procedure. Someone will be with you throughout your treatment to reassure you and let you know how you are doing. Most patients have

little memory of the appointment but are thrilled with the results they accomplish in one visit!

## ***The Three Levels of Sedation Dentistry***

### **#1: NITROUS OXIDE (laughing gas)**

Sedation dentistry can put you at ease and virtually eliminates the pain associated with dental procedures. Nitrous oxide (laughing gas) is one of several options available to significantly reduce your fears and discomfort.

#### **Benefits of nitrous oxide:**

- . It's effective for mild to moderate anxiety
- . Proven safety record
- . Offers an analgesic (pain relieving) effect
- . It's quick-acting, with few side effects
- . You don't need someone to escort you to and from the office
- . You can return to normal activities immediately
- . In many cases, you can get ALL of your dental work done in one visit

Also called inhalation conscious sedation, nitrous oxide is best suited for cases of mild to moderate anxiety and is the most frequently used sedation method in dentistry. Under nitrous oxide you remain conscious and able to breathe on your own. Although you will not actually be unconscious, you will enjoy a sense of total well-being (euphoria) — and probably won't remember much about the procedure afterwards. Patients generally recover quickly and can usually leave the office unescorted.

Nitrous oxide will put you at ease so you experience little to no discomfort; however, we will also administer a local anesthetic to

ensure that you don't experience any pain. At this point in the procedure you'll be so relaxed that you'll hardly even notice.

A procedure utilizing nitrous oxide generally requires one to two visits. During your first visit, we will take a detailed health history. If you're comfortable, we will look in your mouth and take dental x-rays. Next we will carefully explain what you can expect during the procedure and will patiently answer any questions you may have.

Don't let fear keep you from having a healthy, sparkling smile. We are certified in Sedation Dentistry. we have the expertise, skills and training to put even the most anxious patient at ease.



## **#2: Conscious Sedation Dentistry**

You are given oral medication about one hour before your appointment. The medicine puts you in a light state of sedation and you sleep thru your dental appointment. It is Safe! When you awaken your dental treatment is completed.

You need someone to drive you to and from your appointment. Once you arrive, you are allowed to rest comfortably in a warm, quiet room under a cozy blanket. During the entire time you are here, we will closely monitor you to ensure your safety.

Complex dental treatments that often require six or more

appointments can be done in as little as one! All while you sleep.

### **Will I feel an pain?**

No. You will feel nothing!

### **Who is a Candidate for Conscious Sedation Dentistry?**

People who have:

- . Fear of pain
- . Nitrous Oxide
- . High Anxiety
- . Bad gag reflex
- . Traumatic dental experiences
- . Difficulty getting numb
- . Very sensitive teeth
- . Limited time to complete dental care

Also, people who:

- . Hate needles and shots
- . Hate the noises, smells, and tastes associated with dental care
- . Break out in cold sweats while thinking about the appointment
- . Are afraid or embarrassed about their teeth

### **Will I be unconscious?**

No, you are in a deeply relaxed state, and you will be responsive. You will not have any pain, fear, or have any anxiety.

### **How long will I be sleeping?**

You will be asleep for two to six hours after taking the pill. The time you are asleep will vary depending on your needed treatment.

## **Will I be monitored?**

Yes, one of our team is always with you and your vital signs are monitored during the entire visit. You are never alone.



## **Facts about conscious sedation dentistry:**

- It really works. You really sleep through your dental appointment.
  - It is safe, You are not unconscious but in a light state of sedation.
  - You will have little or no memory of the experience. You will not remember any smells or any sounds.
  - You will save yourself up to five trips to the dental office.
- If you are the person who has been told that anesthetic does not work, then this treatment is for you.
  - Sedation dentistry is a safe way to eliminate the fatigue of long, extended, repeated trips to the dentist.

## **How can I learn more about conscious sedation dentistry?**

To learn more about sedation dentistry, please contact our office today.

## **What kinds of dental procedures can be done while I am under conscious sedation?**

Many complex procedures can be performed with sedation dentistry. Some of these include root canals, treatment of gum disease, chips, cavities, cosmetic surgery, crowns and veneers. We can discuss your case with you in particular.



### **How many appointments will I need?**

Most patients require two to three visits to complete all dental treatment. Your first visit will be to consult with our doctor. The second and third appointments will be to focus on completing the treatment.

### **Benefits of Oral Conscious Sedation:**

- . It's very effective for mild to moderate anxiety
- . It's safe and easy
- . You can breathe and speak on your own
- . It's less expensive than IV SEDATION
- . In many cases, you can get ALL of your dental work done in one visit

Unlike general anesthesia, which renders patients completely unconscious, oral conscious sedation leaves you able to speak and breathe on your own. Although you will not actually be asleep, you will enjoy a heightened state of relaxation — and probably won't remember much about the procedure afterwards. Your appointment will be a dream & hours in the chair will feel like minutes.

Oral conscious sedation will put you at ease so you experience little to no discomfort; however, your doctor will also administer a local anesthetic to ensure that you don't experience any pain. At this point in the procedure you'll be so relaxed that you'll hardly even notice.

Whether you're anxious about going to the dentist or just too busy for multiple visits, OCS can be a great solution to getting ALL your dental work done during one visit...comfortably and stress-free.

You'll be asked to have a companion bring you to and from the office

for your second visit. Once you arrive, you'll take additional medication to ensure that you're in a tranquil state of mind. We will monitor your comfort throughout your entire visit.

### **#3: IV Sedation**

Sedation dentistry can put you at ease and virtually eliminates the pain associated with dental procedures. Intravenous sedation is one of several options available to significantly reduce your fears and discomfort.

#### **Benefits of IV Sedation:**

- . It's extremely effective for moderate to severe anxiety
- . It's quick-acting
- . The level of sedation can be adjusted during the procedure so that you remain comfortable at all times
- . In many cases, you can get ALL of your dental work done in one visit

During intravenous sedation (IV sedation), an anti-anxiety drug is administered into the bloodstream to achieve a state of "deep conscious sedation." Although you will not actually be asleep, you will enjoy a heightened state of relaxation — and probably won't remember much about the procedure afterwards. Your appointment will be a dream and hours in the chair will feel like minutes.

IV sedation will put you at ease so you experience little to no discomfort; however, we will also administer a local anesthetic to ensure that you don't experience any pain. At this point, you'll be so relaxed that you'll hardly even notice.

Throughout the procedure, your breathing, heart rate and blood

pressure will be closely monitored. Patients generally recover quickly from IV sedation, although they may feel slightly groggy immediately afterwards.

Whether you're anxious about going to the dentist or just too busy for multiple visits, IV sedation can be a great solution to getting ALL your dental work done during one visit...comfortably and stress-free.

Two appointments are usually required for a procedure utilizing IV sedation. During your first visit, we will describe the benefits and risks of IV sedation, take your blood pressure, patiently answer all of your questions and give you detailed instructions for the day of your procedure.

On the day of your procedure, you will need to have another adult there with you to take you home. You should not perform strenuous activities, drive a motor vehicle or drink alcohol for the rest of the day.

Do not take any medications prior to or following surgery unless we have approved their safety.

# Take Action Now!

We offer a full range of dental services and **we absolutely never pressure our patients**. Ultimately our only job is to make sure you have all the information you need to make an informed decision.

**So call today and start on the road to a more confident you!**