



Your guide to treatment with sedation

Do you need dental treatment but are very anxious about dentistry and not quite sure where to start? To help begin your journey we have listed some important considerations that can help you take the first steps to restoring your smile.

I am really anxious about visiting the dentist. What should I do?

Dental phobia is extremely common. In most cases this may be due to things that our friends or family may have said that influenced our thoughts in the past, memories we recall, or physical reasons such as a gag reflex.

Often if we are nervous we wait until we are already in pain before visiting the dentist. This will add to the negative feelings we will have about treatment.

The first step is to research practices that provide sedation.

What am I looking for?

We all want an experienced professional to look after us. You should find out what qualifications and training the dentist and the team have. What options of sedation that they can offer and look for testimonials and recommendations for the practice. Once you have decided on a team then you can contact them for further information.

But what if I already have a dentist I see for my routine examinations?

If you already have a dentist you can always ask for a referral to a practice for treatment with sedation and this way your dentist can be kept informed of your progress throughout your treatment.

What should my first visit be like?

Depending on the situation we would usually advise a patient where possible to visit the practice socially first and to relax in our lounge with a coffee. This helps to alleviate some of the anxiety of the unknown and gives the patient a chance to meet the team and get to know the practice. This can certainly reduce feelings of anxiety for a further appointment.

If this is not possible and you are attending for a scheduled appointment, your first visit would be an examination appointment. This allows the dentist to assess your needs and talk through options for treatment. This would normally be accompanied by a sedation assessment with our nurses.

Why do I have to have an assessment for sedation?

The sedation assessment is an essential part of your planning. This includes reviewing your medical history, explaining what happens and providing you with instructions for before and after sedation. Different forms of sedation will have differing instructions to follow. It also allows us to work with you to select the right option of sedation for your care.

I'm still not sure, I think I want a second opinion, what should I do?

If you feel unsure about proceeding, you should always feel free to have a second opinion from a different practice of your choice. It is important you feel comfortable and confident heading into your treatment. Never feel rushed or hurried into making a decision.

I have decided to probably go ahead with treatment what should I have received?

Once the planning stage is complete as well as discussing how your treatment will be carried out, you should also receive a written treatment plan. This will detail all that you have discussed, your options for treatment, timescales and costs. It will also include copies of specimen consent forms so that you have had chance to read through everything thoroughly before starting treatment.

What happens on the day of my treatment with sedation?

On the day of treatment your team should be there to guide you through the process. You will have been asked to follow some instructions before and after your appointment. Try not to worry. Your team will be there to look after you.

Once I have finished my treatment I do not have to go back to the dentist again?

We would strongly advise that you maintain regular examination and cleaning visits as prescribed by your dentist.

Having regular positive experiences will help to reduce fears and anxiety when it comes to appointments. If we choose not to, then the chances are we will only visit when we are in pain again and once more will be connecting all the negative thoughts to dentistry. Your dentist will show you the best ways to look after your teeth and suggest cleaning brushes to use in your daily routine.

If you have your own dentist you will of course be referred back to them for your continuing care.



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