

With sedation dentistry Olson Dental eliminates all of your excuses for not going to the dentist. With the benefits of sedation we take the stress out of a regular trip to the dentist.

With sedation dentistry, you won't feel a thing. In fact, sedation dentistry relaxes you enough that you'll be completely unaware of the fact you are at a dentist office. When everything is done, you'll wake up with little or no memory of the procedure. You can catch up on years of putting off a trip to the dentist in as little as one or two visits.

We will take care of all your dental needs. From replacing crowns and dentures to restoring sore gums, whitening yellow or stained teeth and fixing a chipped tooth – Olson Dental does it all. Better yet, because of sedation dentistry, we do it quicker than a normal trip to the dentist. For those with busy schedules, sedation dentistry allows you to take care of complex treatments that usually require up to eight separate appointments in just one single trip to the dentist. In other words, sedation dentistry saves you time! Another bonus is sedation dentistry reduces the fatigue associated with ongoing dental treatments.

Just imagine – no more putting up with a toothache because of a fear of going to the dentist. At our office, dental care is a relaxed and stress-free affair.

### **What is Sedation Dentistry?**

In the past, most dental procedures were done with the help of local anesthesia. This involved numbing your lip and cheek with a shot of Novocain or other local anesthetic. Although this practice was effective in ensuring you didn't feel pain during your dental procedure, it did nothing to help with the underlying problem – fear of the dentist. You see, with local anesthesia you were still awake – and able to see and hear – the entire dental process, drill and all. It is this fear and stress prevents people from getting the dental care they need. And it is this fear that sedation dentistry is able to overcome.

Olson Dental understands that for some people the fear of going to the dentist is simply too much. In order to overcome this, we've turned to sedation dentistry. Sedation dentistry is a way to getting the necessary treatment done in a non-threatening manner.

At Olson Dental we are able to offer a variety of sedation options for patients who are experiencing a high level of anxiety about their procedure. We will use specific medications to ensure that sedation dentistry works for you.

### **The Details of Sedation Dentistry**

There are three methods of sedation most frequently used. These are nitrous oxide sedation, oral sedation, and intravenous (IV) sedation. Please see an explanation of each method below.

#### **Nitrous Oxide**

Nitrous oxide is a gas that can be mixed with oxygen and inhaled for a mild degree of sedation. A nose-piece is normally used to deliver this sedative. Dr Olson has found that this dental sedation method does not work as well as the other methods we have described below.

## **Oral Sedation**

Oral sedation or *anxiolysis* can provide a higher degree of sedation than nitrous oxide. As the name implies this is a medication that is taken by mouth just prior to your dental appointment. A variety of medications including Valium and Halcion may be used for this purpose. Oral sedation is quite effective for many people. However, because the affect of oral sedatives varies from patient to patient, Dr. Olson will discuss this option with you to determine if it is right for you.

Most or all of the restorative or surgical procedures can be completed comfortably with this option. There is an amnesiac effect of these medications - which means that you probably won't remember much about the procedure and will have a positive treatment experience. However, because it is an oral dosage of medication it is difficult to predict the level of sedation you will feel. Many people will "sleep" through their procedure, while others may be reasonably aware of their surroundings yet relaxed enough to proceed. If you feel that you might be at risk of becoming anxious if not completely "asleep" then you can opt for the next level of comfort management.

## **IV Sedation**

IV sedation, or intravenous sedation as it is some times called, allows Dr. Olson is able to customize the level of sedation for each patient's specific needs. This method utilizes intravenous medications to achieve the exact level of sedation needed to provide comfort for the patient. If the dental procedure is a lengthy one, intravenous sedation is especially helpful, because medication can be added as needed to maintain the patient's comfort level. With the intravenous method most patients do not remember what happened during the procedure, and will have a comfortable overall experience.

Anxiety during a dental appointment can create unhealthy stress, which can complicate many pre-existing medical conditions. IV sedation is considered "conscious sedation" which is the safest yet most complete level of sedation you can have. Your level of sedation is carefully monitored so that you remain responsive to commands and breathe on your own, yet experience no pain or wakeful experience.

It is important to note that not all people are able to receive IV sedation in an office setting. Certain health conditions requires this type of dental sedation to be completed in a hospital setting where they are better able to serve urgent conditions. Prior to performing any procedure, Dr. Olson thoroughly reviews your medical history before approving an in-office treatment.

## **Oral and IV Sedation**

If you are receiving oral sedation or IV sedation the procedure will proceed as so. You will be given a sedative the night before to help you sleep. On the day of your appointment you are given a small pill to take an hour prior to your dental appointment. Your companion will accompany you to the office. By the time you arrive you will be very drowsy. When you arrive at our Prior Lake office, the first step is to attach monitors to you so that we can measure your breathing, blood pressure, heart rate and EKG. If you are having IV sedation, Dr. Olson or a Certified Registered Nurse Anesthetist (CRNA) will start an IV that allows the medications to slowly enter your body. Our patients receive sedative drugs that work rapidly to create a deeply relaxed state that is maintained – and monitored – throughout the procedure. When your

treatment is completed your companion will return you home to finish your comfortable and relaxing day.

Olson Dental uses medications such as Versed, Fentanyl and Propofol. Regardless of which drugs are used, a major benefit of sedation dentistry is their amnesiac affect – meaning you have little or no memory of your time “in the chair”. Another benefit of our sedation drugs is their quick recovery time. In fact, most patients are able to have a light meal yet that evening.

### **The Many Advantages of Sedation Dentistry**

Sedation dentistry offers many benefits. At our Minneapolis Sedation Dentistry office, you’ll experience such benefits as:

- Having no memory of your dental treatment.
- Rapid sedation through a safe, individualized IV sedation plan.
- Significantly diminishes the gag reflex.
- The ability to smile when you arrive – and leave – our Prior Lake office!

### **Is Sedation Dentistry Right for You?**

Do any of these characteristics describe you?

- Fear of dental treatment
- History of traumatic dental experiences
- Difficulty getting numb
- Very sensitive gag reflex or difficulty opening your mouth
- Extremely sensitive teeth
- Busy schedule
- Complex dental problems
- Embarrassment about teeth
- Denial of dental problem until pain becomes unbearable
- Have avoided dental care for years – even decades
- Regularly make, and cancel, dental appointments
- Experience sweaty palms or find yourself gripping the armrests of the dentist chair

If this sounds like you, then sedation dentistry may be for you. Call our certified sedation dental center in Minnesota today at 952-447-4463 and schedule your initial examination and x-ray consultation.

### **Still Have Questions?**

If you’re still hesitant about sedation dentistry, be sure to view our Frequently Asked Questions page.