

Oral Conscious Sedation

Oral conscious sedation is a method that helps certain patients cope more comfortably with dental appointments.

The benefits of oral conscious sedation

Oral conscious sedation is useful in certain situations, such as for patients who

- ❖ Are anxious about dental appointments
- ❖ Have difficulty being numbed with local anesthesia
- ❖ Have a severe gag response
- ❖ Suffer from very sensitive teeth
- ❖ Want to have a lot of dental work done during a single, longer appointment



Your vital signs are constantly monitored



Someone should drive you to and from your appointment

Reviewing your medical history

To plan the best treatment for you, we first need to know about your current medical conditions and medications. We also want to know about any allergic reactions you have had to any medication.

A typical visit with oral conscious sedation

Here is how a typical appointment with oral conscious sedation usually goes. We may ask you not to eat or drink anything for 12 hours before your appointment. Then, about an hour before your appointment begins, you take an oral medication. Because the medication will make you groggy, you need a friend or relative to bring you to the office.

Once you are seated in the chair, we assess how deeply you are sedated and adjust your medication if necessary. For most procedures, it will also be necessary to numb your mouth, but the oral medication you have taken will make this comfortable.

During the procedure, we constantly monitor your pulse, blood pressure, and oxygen levels to ensure your safety. You will not feel any pain or be aware of time passing during the procedure. You will feel very comfortable and relaxed and may even sleep. However, you will respond easily to touch and our requests.

After the procedure, your friend or relative will take you home, where you relax for the rest of the day. For many, oral conscious sedation is a good choice for anxiety-free dentistry.

NitrousOxide

Nitrous oxide relaxes you

Nitrous oxide, also called laughing gas, is a colorless gas that is often used for its calming effect.

After reviewing your health history, we determine if nitrous oxide is right for you. Nitrous oxide is safe, effective and helps you feel more relaxed during your dental appointment.



Dosage can be adjusted



Nitrous oxide mask

A typical visit with nitrous oxide

To use nitrous oxide, we place a small mask over your nose, and you simply breathe in normally. It takes just a few minutes for you to notice the effects. People most often describe the feeling as being relaxed, unconcerned, happy, slightly numb, and disconnected from what is happening around them.

Since nitrous oxide does not numb the teeth, we may also recommend anesthetic for some dental procedures.

Controlling the effects

During the procedure, let us know if you want us to adjust the dosage of the nitrous oxide gas to fit your needs. You can also control the dosage by your breathing. The more deeply you breathe through your nose, the more you feel nitrous oxide's effect.

After a dental appointment with nitrous oxide, it is safe for you to drive because there are no long-lasting effects.