



Implant, Cosmetic & Restorative Family Dentistry

Alternatives for Stress Free Dentistry Sedation Choices

Somewhere between 6-14% of people in the U.S. voluntarily avoid seeking dental care because of their fear of the dentist. Universal fears in dentistry include unmanageable pain, fear of the unknown and a feeling of helplessness during the procedure. Anxiety has been proven to lower pain reaction threshold and cause patients to respond adversely to pressure that would not cause a reaction in a relaxed patient. Dr. Davis offers nitrous oxide sedation and enteral sedation to help alleviate dental anxiety.

Nitrous oxide sedation has been widely used for over 50 years. It is commonly known as “laughing gas.” It is the combination of gaseous nitrogen and oxygen that helps the patient reach a relaxed state. Nitrous oxide does not induce sleep; however, some patients become so relaxed that they fall asleep. The gas is inhaled through a small mask that fits comfortably over the patient’s nose. The sedation starts within moments of administration. You are monitored throughout the entire appointment by Dr. Davis and/or a dental hygienist. Both Dr. Davis and our hygienists have received special certifications in sedation dentistry. At the end of your appointment, the nitrous oxide is purged from your system by breathing pure oxygen gas. The sedative effect can be gone in as little as four minutes. Some people may report feeling a bit lethargic for a short time, but it will be safe for you to return to your normal daily activities when you leave the office.

Enteral sedation is administered orally in pill form. The most commonly used drug is called Halcion (triazolam). The patient usually takes a small pill one hour prior to their appointment and if necessary, Dr. Davis will administer an additional pill during the appointment. Sometimes nitrous oxide and Halcion are used in conjunction to produce a more profound sedative effect. Most patients utilizing oral sedation will become so relaxed that they will sleep during their appointment, but they are still able to respond to directions or questions from clinical staff. The patient is monitored by Dr. Davis as well as a Vital Care monitoring system. Sedation time varies by patient, but you should plan to have the full day off. This type of sedation produces an amnesic effect. Most patients do not remember the events that have happened while they are sedated. Oral sedation produces a sedation that is much deeper than nitrous oxide and for this reason, you must have someone willing to drive you to the appointment as well as pick you up. It is best to have someone stay with you for the remainder of the day. Driving is prohibited until the following morning.