

Dental Phobias

Dental phobias are some of the most common phobias in the world, and are often some of the least to be given any importance and attention.

One in every 10 people are scared to go to the dentist, and of those, women and children form a large percentage. Many men pretend they are not anxious to visit a dentist but actually share the same secret fears.

Dental phobics will spend a lot of time thinking about what dental treatment involves, the appointment time and length, or sometimes try hard *not* to think of the dental appointment or procedures. Phobia can be in the form of anxiety or fear, and chances are that this applies to you or someone you know.

What are the causes of Dental Phobias?

There are many potential causes of dental phobias.

These can include a previous bad experience, an uncaring dentist, a history of abuse, fear of panic attacks, needle phobias, gagging, feeling of choking, feeling numb, or sometimes the fear of not being able to get numb, unnecessary treatment or being awake during a procedure.

Dental phobias can impact ones life in many ways.

Avoiding the dentist can lead to poor oral health, which in turn can lead to the person losing self-confidence or avoiding contact with others due to embarrassment over their teeth and mouth.

How can Divine Smiles Help?

We are pleased to offer several methods to overcome these dental phobias.

1. We at Divine Smiles are very friendly, knowledgeable and relaxed. This means we are well equipped to communicate with patients and put them at ease.
2. The expert staff are experienced in providing personally tailored local anesthesia to make your dental procedures as painless and comfortable as possible.
3. Our dentists are also capable of and trained in using various psychological means to alleviate dental phobias, and can prescribe certain recommended drugs for anxiety.
4. One of our areas of expertise at Divine Smiles is the facility for **Intravenous Sedation (Twilight Anesthesia)**.

Using IV sedation you will still be conscious and be able to respond to the dentists' requests, which is an important benefit over using general anaesthetics. However, you feel very relaxed and calm with no sense of pain, and will not be affected by the procedure taking place. The various drugs used produce some memory loss, which

means you will not remember anything of the procedure once it is complete, similar to waking up after being asleep.

Some remarks on IV sedation

“Basically, its just a tiny pinch in the back of the hand and in goes the ‘stuff’. Nothing happens for several seconds and then you begin to feel light-headed (a little drunk) for a few moments, which is not unpleasant. Then instantly several hours have magically passed and everything has been done. Its like the flick of a switch which turns your brain off for an hour or two. You feel fairly dopey and woozy afterwards where you may want to go and sleep it off.”

“IV sedation is the best!! I would not hesitate to use it again if I needed to. They numb your hand first, then they put the IV in and before you know it you are off to sleepyland. I really don’t remember too much, just bits and pieces of conversations.”

“I had IV sedation when I got my wisdom teeth surgically removed yesterday. Let me tell you, it was AMAZING. Cannot put it in better words. All I remember is the doctor putting the sedative in the IV, feeling COMPLETELY relaxed, and still in control of everything, and closed my eyes and before I could reach 8 counting backwards, I was peacefully asleep. I woke literally 2 seconds later with no pain at all! I didn’t believe the doctor when he said it was all over.”

Is it safe? Are there any contraindications?

IV sedation is extremely safe when carried out under the supervision of a specially-trained dentist. Statistically speaking, it’s even safer than local anaesthetic on its own. **At Divine Smiles we have specialist anaesthetists who provide the service expertly and efficiently.**

However, factors which make IV sedation inadvisable (contraindications) include:

- pregnancy
- known allergy to benzodiazepines
- alcohol intoxication
- CNS depression, and
- some instances of glaucoma.

What are the main advantages of IV sedation?

- IV sedation tends to be the method of choice if you don't want to be aware of the procedure – you “don't want to know”.
- The onset of action is very rapid, and drug dosage and level of sedation can be tailored to meet the individuals needs. IV sedation is both highly effective and highly reliable.
- The maximum level of sedation which can be reached with IV is deeper than with oral sedation.
- Benzodiazepines produce amnesia for the procedure.
- The gag reflex is hugely diminished – people receiving IV sedation rarely experience difficulties with gagging. Unlike general anaesthesia or deep sedation, conscious IV sedation doesn't really introduce any compromises per se in terms of carrying out the actual procedures, because people are conscious and they can cooperate with instructions, and there is no airway tube obstruction involved.

What additional costs are involved?

The costs of IV sedation will vary from procedure to procedure.
An average cost is \$500 per hour.

How can I benefit from IV Sedation?

So if you have dental phobias, but want the best in dentistry, **DIVINE SMILES IS THE PLACE FOR YOU.**

Contact us today on **(07) 3256 9566** to take advantage of our experience in this area and overcome your fears.