



▣ Patient Information Brochure

Sedation in Dentistry

Helping You Feel Comfortable and Calm During Your Dental Visit

At Northshore Dental Care, we understand dental anxiety. For some patients, even basic dental care can be overwhelming. Apprehension and anxiety around dental treatment can be so great that it prevents people from seeking help with their dental problems. Unfortunately, this leads to greater problems, requiring more complex and costly treatment. With this in mind, we have made facilities available to allow for the use of IV sedation under the care of an anaesthetist.

🦷 What is Sedation Dentistry?

Sedation dentistry uses techniques known as conscious sedation. This involves the use of medications, administered by trained professionals, to help patients during dental procedures. Conscious sedation helps to create a sense of calm and deep relaxation while treatment is completed.

Who Might Benefit from Sedation?

Sedation may be suitable for patients who:

- Have dental anxiety or phobia.
- Struggle with the sounds, smells, or sensations of dental procedures.
- Have a strong gag reflex.
- Require a large amount of dental work.
- Have difficulty sitting still for long periods.

🔒 Is Sedation Safe?

Yes — sedation is considered very safe when administered by trained professionals. Your dentist and anaesthetist will review your medical history, current medications, and any allergies before recommending the right type of sedation.



Safety Measures Include:

- Monitoring your breathing, heart rate, and oxygen levels
- Adjusting sedation levels during the procedure
- Emergency protocols in place, though rarely needed

What procedures can be completed using conscious sedation?

Most dental procedures can be performed with high comfort under conscious sedation.

- Oral surgery - single or multiple tooth extraction.
- Implantology - Surgeries relating to the placement of implants.
- Guided tissue regeneration - Bone grafting or sinus augmentation.
- Periodontics - Procedures to manage gum disease.
- Prosthodontics - Crowns, dental bridges and veneers.
- Endodontics - Root canal therapy.
- Restorative Dentistry - Fillings.

📋 Types of Sedation

1. Inhalation Sedation (Nitrous Oxide/Laughing Gas):

- Delivered through a small nose mask
- Fast-acting, mild sedation
- You remain awake and can respond to the dentist
- Wears off quickly, with little to no aftereffects.

2. Oral Sedation:

- Taken as a tablet (e.g., Valium) before the procedure
- Produces a deeper level of relaxation



- You remain conscious but may feel drowsy
- You'll need someone to accompany you to and from the appointment

3. Intravenous (IV) Sedation:

- Medication administered intravenously (via IV) by an anaesthetist.
- Provides moderate to deep sedation.
- You are conscious but may not remember the procedure.
- Monitoring equipment will be used to ensure your safety.
- You'll need someone to take you home and monitor you afterwards.

What are the costs involved?

The different modes of conscious sedation have different costs. These will all be discussed with you during your initial consultation. Below are the costs for each of the three previously mentioned types of sedation.

1. Inhaled sedation - Nitrous Oxide/Laughing gas

Inhaled sedation is itemised in 30-minute increments at a cost of \$88.00/30min.

2. Oral Sedation - Anxiety-reducing, sedative tablets

The cost of this delivery method is solely the cost of filling the prescription issued by the dentist.

3. IV Sedation - Delivery of medications directly into the bloodstream by an anaesthetist.

IV Sedation is itemised at \$1,000.00 per case, per hour. Because the needs of each patient and case differ, the required sedation time is determined on a case-by-case basis. Each case is charged at \$1,000.00, with all time over the first hour itemised in 10-minute intervals. Each 10-minute increment required over one hour is charged at \$165.00



I.e. A surgery requiring one hour and twenty minutes would be itemised as follows.

\$1,000 for the first hour + (2 x 10mins @ \$165 each)

Total = \$1,330.00

Due to the deeply relaxed state, we can often complete surgeries more quickly than with a patient without sedation. That said, due to the nature of treating complex conditions in humans, there may be times when we run over this time. This can be unforeseeable and is unfortunate. However, it must be stressed that we will never allow time to be a governing factor or obstacle in the delivery of excellent care. Your safety and outcome are the number one priority.

🕒 What to Know Before and After Sedation

Before Your Appointment:

- Follow fasting instructions
- Disclose your full medical history and medications
- Arrange for transport home (for oral or IV sedation)

After Your Appointment:

- You may feel drowsy or disoriented
- Avoid driving, operating machinery, or making legal decisions for 24 hours after oral or IV sedation
- Follow any aftercare instructions provided by your dentist

🧠 What to Expect During Conscious Sedation

During conscious sedation, you will be in a deeply relaxed state but still awake and able to respond to verbal cues. Here's what you can typically expect:

- You may feel drowsy or light-headed shortly after the sedation begins.
- You'll remain conscious and able to communicate with your dental team.
- You may feel detached from the procedure and have little or no memory of it afterward.



- Monitoring devices will track your heart rate, oxygen levels, and blood pressure throughout.
- The dental team will adjust the sedation level to keep you safe and comfortable.
- You may be given supplemental oxygen.
- After the procedure, you'll be monitored during recovery before being allowed to go home with a responsible adult.

Common Questions

Will I feel anything during the procedure?

Most patients feel little to no discomfort during sedation. You may feel pressure, but you will be relaxed.

Will I be asleep?

No. Sedation keeps you in a relaxed, conscious state. You can still respond to instructions, but you may not remember much afterwards.

Is sedation covered by insurance?

Some health funds may cover part of the cost, especially if it's medically necessary. Once a treatment plan is issued to you, you can liaise with your insurer to check if any benefits are available.

Want to Learn More?

If you have questions about sedation options, call our reception team. Often, a consultation with our dentist will help you determine whether this would be suitable and beneficial for you. Your safety and comfort are our priority, and we're here to help you navigate your dental