

# 7 Steps To Finding The RIGHT Sedation Dentist For You



## What You Should Know:

- What Sedation Dentistry Really Is
- The Different Types of Sedation
- The Benefits of Sedation Dentistry
- How To Tell If You're A Candidate
- What You Can Do to Prepare for a Visit
- How To Find The RIGHT Dentist For You

# “7 Steps to Finding the RIGHT Sedation Dentist and Getting That Beautiful, White Smile You Deserve”

Hello, my name is Dr. Amir HagShenas, and I want to congratulate you for taking the initiative to request this free consumer information guide. I am well aware of just how intimidating making a visit to the dentist can be, especially when you consider choosing amongst ALL the options you might have in front of you.

You see, one of the things I've found during my many years of practice is people have LOTS and LOTS of questions about not just which procedure is best, but also about issues such as finding a permanent solution, distinguishing between the many service providers, and how to minimize or eliminate any pain that might be involved. As a result, I've put together this short, but highly informative information guide to help you better understand the many choices you have in front of you.

I want to ensure that when you finally do make a decision about the sedation dentistry procedure you want, AND about the dentist that will provide the service, **you can feel 100% comfortable and confident with your decision.**

**So, what should you expect to get out of this guide?**

**First, you should fully expect to have a better understanding of what sedation dentistry is** and how it can help you quickly achieve that beautiful, bright and dazzling smile all while you're relaxed and comfortable, eliminating much of the fear and anxiety some experience.

**Second, you should expect to better understand all of the choices you have as it relates to sedation dentistry.** There are different types of sedation available and knowing what they are, what they entail and how they're administered will help you make the choice that's best for you.

**Finally, you should expect to know how to choose the right sedation dentist for your individual needs.** As much as I'd love the opportunity to help every patient achieve a perfect smile, I understand that I cannot suit everyone.

And that's okay! As long as you find a service provider that makes you feel comfortable and is able to provide you with the results you deserve, I have accomplished my objectives.

So, with all being considered, I am excited to share this powerful resource with you, and look forward to hearing all follow-up questions or comments you may have after you've read it. Feel free to contact my office directly at (408) 377-5134 or via email at [contactus@svsmilesolutions.com](mailto:contactus@svsmilesolutions.com).



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## Step 1 - What is sedation dentistry?

It is not uncommon for people to have fears and phobias. So, if you dread a visit to the dentist don't be embarrassed, you are not alone. More than 50 percent of adults have a profound fear of the dentist! In some cases, the fear is so pronounced that they delay or refuse to have dental procedures.

**Sedation dentistry is a way to give these patients an anxiety-free experience as they receive health-critical and smile enhancement dental procedures.**

Sedation dentistry uses drugs to establish a calm state that varies, depending on the method used; from relaxed to completely asleep.

These drugs are sedatives that can be administered in several ways; all of which allow the patient to calmly drift in a relaxed state. Simply knowing that they will not experience the fear or panic that dental visits may have caused them in the past is often the emotional and psychological trigger that fearful patients need to begin or resume dental visits.

**Regardless of the method used, the main point of sedation dentistry is to combat dental anxiety and phobia by providing you with a safe and effective way to have dental procedures without fear.**

Once the dentist has administered the sedative, he/she may use a local anesthetic to deaden any pain, which in your relaxed state will be barely noticeable.

**Sedation dentistry has been safely practiced since the 1970's.**



Sedation dentistry allows you to receive dental care while you rest comfortably.

It has been around long enough for sedation dentists to have a great deal of experience. It is continually gaining popularity because along with soothing fears it allows a patient to have extensive dental procedures without the anxiety caused by spending hours in the dentist's chair. While the procedures are no shorter, the patient is not as aware or concerned with the passage of time while under the sedation. ***With the IV method, the patient may have little or no recollection of the dental procedure when they recover completely from the sedation.*** For many people this is a very positive side effect of sedation.

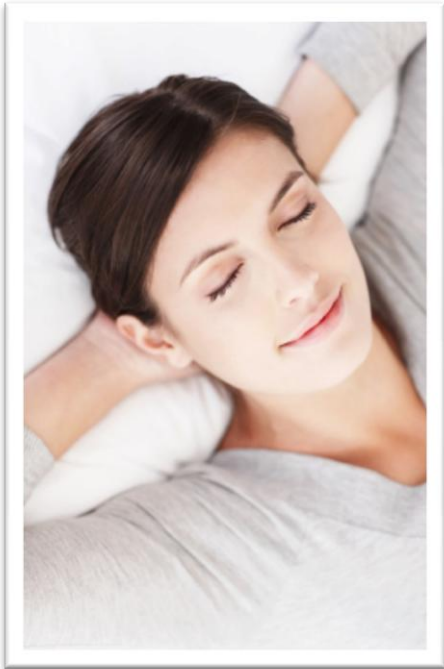
**You don't have to fear going to the dentist.** It may be the sights, sounds, the needle, or any aspect of a dentist visit that makes you anxious and fearful. Sedation Dentistry allows you to have dental procedures done without fear. Your dental health and general health can improve dramatically with regular dental visits and necessary procedures.

## Step 2 - What are the different types of sedation dentistry?

**Currently there are four types of sedation dentistry.** This allows you and your dentist to choose the type of medication they prefer and the level of sedation. With most sedation dentistry methods some level of conscious is retained. For this reason sedation dentistry can be divided into two categories conscious sedation and general anesthesia. Conscious sedation had three levels of consciousness available to patients.

- **Light sedation puts the patient into a relaxed state but they remain awake and alert.** Nitrous oxide, commonly called laughing gas, is inhaled through a mask over the patient's nose and induces a light sedation. The patient feels relaxed and awake during the procedure.

Nitrous Oxide is not a painkiller so the dentist will numb the patient before starting the procedure. With nitrous oxide, the effects wear off almost instantly, allowing the patient to drive home. When oxygen is added to nitrous oxide it produces a gas that allows the patient to safely have longer dental procedures.



There are several types of sedation available to help you relax completely.

- **Oral sedation produces a moderate sedation.** The patient remains awake, but will probably not remember anything about the procedure. This type of sedation is given in pill form. Valium and related drugs are often the type of sedation given.

The patient remains awake and can answer the dentist questions and follow commands. The patient will need an escort to take them home with this type of sedation. Some people dislike the possible amnesia surrounding the dental procedure with this type of sedation and other prefers it.

- **IV sedation delivers drugs to the patient intravenously.** This level of sedation falls within the moderate range. It is sometimes referred to as twilight or dental sleep. However, the patient is not actually asleep; they are in a very relaxed state. Administering the sedatives intravenously allows the dentist to control the level of sedation that the patient receives during the procedure.

The drugs most often used as the sedative in IV sedation dentistry are Midazolam or Diazepam. Diazepam is more commonly known as Valium. During the procedure, the dentist and the dental assistants will carefully monitor your pulse and oxygen levels. A pulse oximeter will be clipped to a finger or perhaps an earlobe and will measure your pulse and oxygen level.

- **The fourth type of sedation is general anesthesia that renders the patient unconscious.** This type of sedation should only be administered by a specialist and is usually done at a hospital.

You and your dentist will discuss the types of sedation and decide which is best for you. This will depend on your general health, the procedure you are having and your personal preferences.

Call our office today at (408) 377-5134 to discuss what type of sedation dentistry is best for you!

### Step 3 - What qualifications should a sedation dentist have?

**Any time a sedative is administered to a patient it should be done by a professional, with the proper training.** To find a qualified dentist you must do the research and this is an excellent place to start.

Professional qualifications of a sedation dentist should include extensive training and experience. Additional considerations include:

- It is also important that the dentist have the experience and/or the affiliation with professional organizations. **Always ask where the prospective dentist trained and what qualifications they have in sedation dentistry.**
- There are several types of sedation and being experienced in one does not necessarily mean the dentist is experienced in all the types.
- **A reputable dentist will give prospective patients their medical license number, which can be used in checking databases to discover if there have been complaints against the dentist.**
- **If you are considering IV sedation, you need a dentist who has had special training and is certified by their state Board of Dental Examiners as a specialist in IV dentistry.** Some states have enacted new laws for dentists that require any dentist practicing IV sedation to obtain a permit, which verifies that they have the appropriate experience and training.
- **Pediatric sedation dentistry is a dental specialty requiring two to three years of training beyond dental school.** It also includes practical experience in a hospital environment.
- Whether or not a dentist belongs to any professional organizations is important. Truly professional organizations expect their members to continue their education and training. They also hold members of a certain standard of practice, as does the Board of Dental Examiners in each state.



Be sure to check the qualifications of the sedation dentist you choose!

Once you have checked into the education and training along with professional affiliations, there will probably be **qualifications that you personally want in your dentist, such as:**

- Do you want an authoritarian or someone who is very easy going? This will make a difference in the whole feel of the dental office. It will also affect how comfortable you feel asking questions and giving feedback on any problems, situations or conditions that may occur.
- Another qualification is the office personnel that the dentist has chosen. Does the dentist have a staff that is responsive and knowledgeable?
- A major qualification should be how carefully the dentist has planned for your safety. Is there a dental anesthesiologist present during the procedure? Will your pulse and oxygen levels be carefully monitored? Does the dentist know CPR?

These are all factors to take into account when considering the qualifications of a sedation dentist.

**ASK QUESTIONS, IT IS YOUR HEALTH...** An experienced and qualified dentist will want you to take an active part in the decision making process.

*Call us today at (408) 377-5134 to get all of your sedation dentistry questions answered!*

## Step 4 - What questions should I ask to ensure I choose the right sedation dentist?

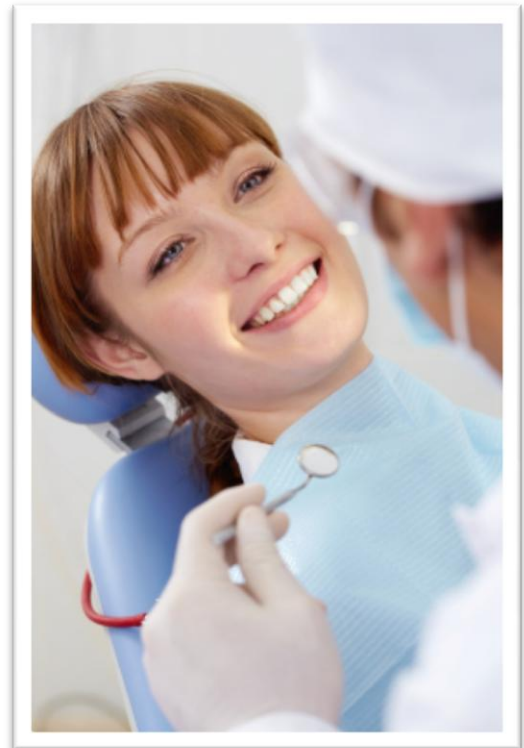
Remember the summary from step three; well, this is where you start to put it to work. Dentists are not interchangeable. Just because a friend or relative has a dentist that they really like does not automatically mean that you will like them too. By all means, ask around and get suggestions about a sedation dentist. In the end however, there are certain questions you will have to ask for yourself. **The final decision in picking the right dentist for you should be yours!**

One problem that some people run into is being embarrassed about asking pointed questions. They feel it is rude or somehow wrong. However, nothing is farther from the truth.

**Any reputable dentist wants you to be totally engaged in the process of maintaining your oral health.** They want you to ask questions so you can make informed decisions concerning your own oral health.

**A red flag should go up any time a dentist or any health care professional seems reluctant to answer a patient's concerns about any procedure.** When you find a potential sedation dentist, ask these questions and consider the answers carefully.

- What experience have you had with sedation dentistry?
- How long have you been using it?
- How many patients do you use sedation dentistry on in a month? In a year?
- What local hospitals are you affiliated with? How long have you been affiliated with them?
- What professional dental organizations do you belong to?
- What is your dental license number?
- What types of sedation do you offer patients?
- What type of training and education have you had in each type of sedation?
- What continuing education are you involved in?
- If the dentist uses general anesthesia, ask where it is performed and who administers it? There should be a dental anesthesiologist or oral surgeon present when general anesthesia is used.
- What is the procedure for medical emergencies?
- How close is the nearest hospital?
- If you are looking for a sedation dentist for your child, ask if they specialize in pediatric sedation?
- Is it possible to have an escort present during the procedure? Most dentists will insist on this.
- Ask for testimonials or statement by other patients.
- Be frank when discussing cost; ask if the dentist takes your insurance.
- What type of follow-up from the dentist can you expect after the procedure?



Any reputable sedation dentist will want you to ask lots of questions so you'll feel completely comfortable with your choice.

Ask questions. The more you learn about sedation dentistry and your potential sedation dentist the better informed you will become. The better informed you are, the better decisions concerning your dental health you will be able to make!

## Step 5 - Am I candidate for sedation dentistry?

Perhaps it starts with one bad experience or perhaps it is the result of a lifetime of dread, but whatever the reason, many people fear a trip to the dentist.



Don't allow your dental fears to get in the way of having the beautiful, healthy smile you deserve!

Going to the dentist is just part of the normal health care routine for some people; unfortunately, for many others it is a traumatic experience. In fact, some people find it so frightening that they delay or completely refuse to have the dental procedures they need because of their fear.

**When a person's oral health suffers, their general health can be seriously affected as well.** Sedation dentistry is a way for these individuals and others to have the dental care they need without suffering through the anxiety.

If you're considering Sedation Dentistry, the following will help you know if you're a good candidate:

- You have dental anxiety. This may have been caused by a traumatic experience at the dentist in the past or a general fear of medical procedures.
- You have difficulty getting numb enough for dental procedures to be performed without pain or have very sensitive teeth.
- **Perhaps you have an extremely sensitive gag reflex.**
- You may be one of the many individuals who have a fear of needles or the smells and noises associated with a dentist's office. Anyone with a fear of needles should understand that not all forms of sedation dentistry include an anesthetic and they will still need a local anesthetic administered. However, the fact that sedation dentistry produces such a relaxed state will mean that they will not be bothered by the injections.
- **If you need extensive procedures that will mean hours in the dentist's chair;** instead of having to break your appointments into short sessions because you may become anxious when in the dentist's chair for prolonged periods; you could opt for sedation dentistry.

Because it produces such a relaxed state, you will not really be aware of the passage of time. This allows you to have extensive procedures done in fewer but longer sessions without any anxiety.

- Care givers should note that people who are not mentally or emotionally capable of understanding why they are having a needed procedure may also be candidates.

Before having any procedure with sedation you should have a detailed conversation with your dentist and give him/her your medical history to review. This will help insure that there are not general health issues or conflicting medications that might cause problems during the dental procedure.

## Step 6 - What steps do I need to take to prepare for my sedation dentistry visit?

With sedation dentistry, you can't just walk in and have a procedure. There are steps to take in order to prepare for the procedure.

### The First Visit – What to Expect

On your first visit, the dentist will very likely gather information about:

- Your general health,
- Your past experiences with dentists,
- Why you would like to try sedation dentistry.
- X-rays will probably be taken so the dentist can see the extent of the procedure that will be necessary.

### What to Bring to the First Visit

- When you come for this visit, either have your medical records with you or sent from your primary care doctor.
- Bring all your medications and any supplements that you may be taking. The majority of problems arise in sedation dentistry when a patient's medications react adversely with the sedation being used. For that reason, it is extremely important that the sedation dentist have an accurate record of your health, current medications and supplements.

**On the first visit, the dentist will also explain the types of sedation that are available to you and probably suggest the one that fits the procedure.** After speaking with the dentist, an assistant will probably discuss payment options and take your insurance information.

Once you and the dentist have decided on a procedure and the type of sedation you will need, the dentist may take your vital signs so they have them on file. The dentist will also explain what the after effects of the sedation may be. This will vary depending on the sedation used. Before you return for your procedure, you will need to do several things.



Be sure to come prepared for your first sedation dentistry visit!

- Carefully read any instructions the dentist may give you and follow them.
- You may need to have an escort who can drive you to the appointment and a backup escort in case the primary one cannot come.

**On the day of the procedure there are also several steps to take that will make everything go more smoothly.**

- Wear loose fitting clothes and do not wear jewelry or nail polish. You want to be as comfortable as possible during the procedure.

- Tell the dentist as soon as you arrive if there have been any changes in your health or medications since you were evaluated.
- Do not eat or drink for six to eight hours before the procedure. This is often true for any medical procedure involving sedation.
- Plan to have someone stay with you for the next 24 hours. This is a precautionary measure but very necessary. You may need help walking up and down steps or stairs.

**Planning is important!** Your first visit to the dentist will help you begin the planning process. The day of the actual procedure should hold very few surprises because you and your dentist will have sit down, discussed and planned everything.

If you're still not sure what you need to do to prepare for your first sedation dentistry visit, *call our office at (408) 377-5134 and we'd be happy to give you a list of specific steps to take.*

## **Step 7 - What post-procedure steps do I need to do to ensure my appointment is a success?**

There are certain things that you should have planned before your sedation dental appointment, in order to help make the procedure a success.

**If you use nitrous oxide (laughing gas), then there is really nothing that you need to do.** The nitrous oxide will subside at the end of the procedure and you will even be able to drive home or back to work. This is part of the appeal of laughing gas.

However, if you use a stronger type of sedation like oral or IV sedation you will need to be prepared. **These post-procedure steps will help to make your appointment a success:**

- **Have your escort with you because you will not be able to drive home.** It's a good idea to have a backup escort ready as well, just in case your primary escort has any last minute problems making them unavailable to help you.
- Make plans to go home immediately after the procedure as in the majority of cases you won't be able to return to work.
- For 24 hours after the procedure, you will need assistance to help you do things like prepare food, walk around, go up and down stairs or watch and care for your children.
- The IV sedation medications will cause you to be a little clumsy and you may do things you wouldn't normally do with no recollection of having done them later. Explain that point to your family ahead of time.
- You may have no memory of the procedure, so ask your escort ahead of time to be ready to tell you what happened if you are curious. This will lessen any anxiety you may start to feel concerning the procedure.
- To help remove the medications from your system, drink liquids. You can also eat, since there are no restrictions on diet following the sedation dental procedure that are connected to the sedation, but there may be restrictions because of the dental work that was done.
- Be careful not to bite your tongue, lip or cheek because they could still be numb.
- When you sleep, make sure your upper body is elevated with pillows.
- Plan not to make any important legal or business decisions for twenty-four hours



With Sedation Dentistry, getting a beautiful, healthy smile doesn't need to cause anxiety!

- If your dentist wants to see you the following morning and depending on the procedure that is possible, have your escort ready.
- Do not operate heavy machinery or drive a car for 24 hours after your procedure.

**Sedation Dentistry is a wonderful way to have dental procedures without fear and anxiety as it allows you to maintain or improve your dental health and have a beautiful smile. This in turn leads to better general health, confidence and self-esteem.**

## **So, What's Next?**

As I stated at the outset of this report, my intent is to help you make your most educated selection, so that when you do finally choose your sedation dentist and the procedure(s) you want, you'll feel 100% confident and comfortable with your choice.

Again, you have many choices so there's absolutely no reason to rush into a decision. Feel free to take your time and ask lots of questions because at the end of the day it all comes down to who you think will best be able to create that confidence-boosting, attractive smile you deserve.

I would love to have an opportunity to be your sedation dentist. I pride myself on listening to my patients and understanding exactly what they want so that we can work together to create a treatment plan that achieves those objectives.

If you wish to speak with me directly and discuss your individual concerns, please feel free to contact me at my office at (408) 377-5134 or via email at [contactus@svsmilesolutions.com](mailto:contactus@svsmilesolutions.com).

Thanks again for taking the time to read this guide, and I look forward to an opportunity to speak with you and answer any questions that may arise. With your health in mind!



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