



THE BLOCKLEY PARTNERSHIP
Working together for your dental health

Dental Anxiety

Dental anxiety is a common problem. We do our utmost to put all our patients at ease. It is important that the patient feels in control and confident.

Simple relaxation exercises may be done at home and yoga or meditation can also help. A careful explanation of the required treatment and an unhurried approach will allow the patient to feel much more in control of the situation and this can allay many fears.

Sedatives

Relative Analgesia (inhalation sedation) involves the patient breathing in a mixture of nitrous oxide and oxygen which produces a pleasant, relaxed feeling. The effects are quickly reversed and there are no after-effects. This can be useful for use with anxious children.

Some people require sedative medicines to overcome their fears. These can be taken orally or by injection. The effects take some time to wear off and supervision is necessary for several hours afterwards.



Should an intravenous sedation approach be adopted then the dentist will arrange for a qualified anaesthetist to provide it and monitor you throughout the dental treatment, as recommended by the General Dental Council. A written quotation and treatment plan can be provided.

Anaesthesia

It is important to tell your dentist about your fears. In this way we can work together to find the best technique for you.

In some extreme situations, such as difficult dental extractions, it is possible to refer a patient to hospital for treatment to be carried out under general anaesthetic.

It is important to tell your dentist of any tablets or medicines you may be taking, whether prescribed or not.

In view of the time involved there are additional charges for special techniques. The dentist will discuss costs fully before you commit yourself to treatment. Ask for a written quotation if necessary.

It is important to tell your dentist about your fears. In this way we can work together to find the best solution for you.



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