

## Frequently Asked Questions:

The idea of sedation dentistry will be new to a lot of patients. We are pleased to answer some of the more common questions. If you still have questions, please consult our website, phone our office or discuss them during your consultation with Dr. Berzin.

### 1. *Can I drive myself home?*

No, you'll likely feel great, but you are still legally impaired. Please arrange for a responsible and physically capable adult 18 years or older to drive you home or accompany you by taxi. For safety reasons, please avoid a bus or subway. It is also important to have a responsible adult to stay with you for a few hours following your appointment.

### 2. *Is there any special preparation required for my appointment?*

Do not eat solid foods 8 hours prior to your appointment. Clear liquids are permitted up to 2 hours before your appointment. For washroom logistics, try not to over-consume fluids. Please wear loose, comfortable clothing and be sure your sleeves allow access to your arm for the intravenous injection and blood pressure reading.

### 3. *Are there any special precautions after my appointment?*

Medications will be in your system for up to 18 hours. You should not operate a motor vehicle or machinery and refrain from alcohol for those 18 hours.

### 4. *Will I feel any pain?*

You will feel almost nothing!

### 5. *Is sedation dentistry safe?*

Absolutely. You will be closely monitored by your dentist and a registered nurse to make sure that you are never alone, completely safe and comfortable.



**Dr. Lion Berzin, D.D.S.**

Dr. Lion Berzin is an award-winning doctor who has received recognition for his work in pharmacology and oral maxillofacial surgery. After graduating with a Bachelor of Dental Science degree from the University of the Witwatersrand in Johannesburg, South Africa, Dr. Berzin went on to commence his career in London, England.

Dr. Berzin is a member in good standing of the Royal College of Dental Surgeons of Ontario and the Ontario Dental Association. He is a graduate and member of numerous prestigious institutes. Dr. Berzin's continuing education with leading international experts helps keep him at the leading edge of important advancements in implant and sedation dentistry. Balancing experience with innovation helps ensure that patients receive the most up-to-date treatment options and that the entire practice can efficiently treat patients with minimal pain and discomfort.



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## A Patient's Guide to Sedation Dentistry

**Eliminate Fear and Anxiety**

Wake up to a

**NEW SMILE**

and

**NEW TEETH**



## What is Sedation Dentistry?

Sedation dentistry employs special medications that allow the patient to experience levels of reduced anxiety and fear during a dental procedure. With sedation dentistry the patient will be in a deep state of relaxation and will feel as though the procedure only lasts a couple of minutes, when in fact it may last a couple of hours. The patient will be able to respond to verbal commands and will breathe on their own. Patients will have little to no memory of their experience, including the sounds and smells of the dental office. They will be relaxed, safe and comfortable.

### Types of Sedation Dentistry:

#### Oral Sedation

Oral sedation involves the use of oral medications in the form of a pill or tablet to relieve mild to moderate anxiety. This produces a high level of drowsiness, but not a complete sleep. The medicine is administered prior to treatment.

#### Intravenous Sedation

Intravenous (IV) sedation involves the use of medications administered intravenously to produce a relaxed and anxiety-free dental experience. During intravenous sedation it is standard safety procedure to hook up the patient to a blood pressure monitor, heart rate monitor and a pulse oximeter. Dr. Berzin is able to customize the exact level of sedation to fit each patient's needs and requirements.

## Who Can Benefit from Sedation Dentistry?

### Fear and Anxiety:

When it comes to seeing a dentist, an estimated one in seven people experience some form of anxiety. These anxieties can have severe consequences when they are allowed to impact decisions that patients make toward their dental care. As many as 30% of these highly anxious patients end up delaying dental visits until they find themselves in an emergency situation. Unfortunately, neglecting routine dental care often results in more serious dental and overall health problems. Such problems often require treatments that are more extensive and expensive than when routine treatment is maintained.

### Dental Phobia:

The word phobia is defined as a fear that causes the sufferer to avoid the feared experience. In this case, the experience is the dental visit. Depending on the severity of the phobia, physical symptoms may be present and can include nausea, increased heart rate and sweating.

### Special Needs and other Medical Conditions:

In addition to helping people with anxiety and fear, sedation dentistry offers Dr. Berzin an effective solution for people with special needs. As an example, some patients have difficulty getting numb, others have a sensitive gag reflex, or difficulty keeping their mouth open for extended periods of time. Sedation dentistry is also a welcome alternative to treating patients with certain medical conditions, physical or developmental disabilities.

## Rate Your Anxiety

*You are not alone. Up to 30% of this population avoids the dentist due to fear and anxiety. Complete the self-assessment below to rate your level of anxiety.*

### Anxiety Level Self-Assessment:

- 1. Do you fear dental treatment?**  
 Yes  No
- 2. Do you have a history of a traumatic dental experience?**  
 Yes  No
- 3. Do you have difficulty getting numb?**  
 Yes  No
- 4. Do you have a sensitive gag reflex?**  
 Yes  No
- 5. Do dental objects placed in your mouth make you feel like you cannot breathe?**  
 Yes  No
- 6. Do you deny the presence of a dental problem until the pain is unbearable?**  
 Yes  No
- 7. Do you often make and then cancel dental appointments?**  
 Yes  No
- 8. Once at the dentist, do you experience sweaty palms or find yourself gripping the armrests?**  
 Yes  No

### After Completing All Questions...

*If you answered "yes" one or more times, you may suffer from severe fear, anxiety or phobia and may be a candidate for sedation dentistry. Contact our office to book a complimentary consultation with Dr. Berzin. Tel. (416) 699-5577*