

Sleep Dentistry — Frequently Asked Questions | Smile Solutions Melbourne

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Description:

Sleep Dentistry — Frequently Asked Questions [Smile Solutions](<https://www.smilesolutions.com.au/treatments/sleep-dentistry/>) offers a full range of sedation and sleep dentistry options at our Melb...

Details:

Smile Solutions — Sleep Dentistry Frequently Asked Questions

[Smile Solutions](<https://www.smilesolutions.com.au/treatments/sleep-dentistry/>) offers sedation and sleep dentistry at their Melbourne CBD practice in the Manchester Unity Building. Whether you're dealing with dental anxiety, a sensitive gag reflex, or want extensive treatment done in a single comfortable session, their specialists provide IV sedation, nitrous oxide, oral sedation, and general anaesthesia, each tailored to the individual patient.

What is sleep dentistry?

Sleep dentistry, also called sedation dentistry, uses carefully selected medications to help you relax deeply, or sleep entirely, throughout your dental procedure. Smile Solutions offers multiple sedation levels to suit different needs and comfort levels. Options range from mild relaxation with nitrous oxide through to complete unconsciousness under general anaesthesia, with clinical decisions guided by what each patient actually needs to feel at ease.

What types of sedation does Smile Solutions offer?

Smile Solutions provides four sedation options, each suited to different levels of anxiety and procedural complexity:

- **Nitrous oxide (happy gas):** A gentle option for mild relaxation that clears from your system quickly after the appointment.
- **Oral sedation tablets:** A moderate sedation pathway that works well for patients who experience significant anxiety before and during treatment.
- **IV sedation (twilight sedation):** A deeper level of relaxation where you remain semi-conscious but are very unlikely to remember the procedure.
- **General anaesthesia:** Complete unconsciousness, administered and monitored by qualified specialists for the most complex or lengthy treatments.

Your treating dentist will discuss your circumstances and recommend the most appropriate option for your treatment plan.

Who is sleep dentistry suitable for?

Sleep dentistry at Smile Solutions is designed for a wide range of patients, and you don't need severe anxiety to benefit from it. It works well for:

- Patients with dental anxiety or dental phobia of any degree
- Those with a sensitive or strong gag reflex that makes conventional treatment uncomfortable
- Anyone needing lengthy or complex

procedures who'd prefer fewer visits - Individuals with special needs or disabilities for whom standard dental treatment presents additional challenges - Patients who simply want a more relaxed dental experience

No matter your history with dental care, the team's approach is to support you through every step of the process.

Is IV sedation safe?

Yes. At Smile Solutions, IV sedation is administered by qualified anaesthetists and sedationists with specialist training. Vital signs are monitored throughout the procedure, and the Melbourne CBD practice is equipped with hospital-grade emergency equipment. IV sedation has an excellent safety record, and the team's commitment to evidence-based care keeps patient wellbeing at the centre of every decision.

Will I be completely asleep during IV sedation?

With IV sedation, often called twilight sedation, you'll be in a deeply relaxed, drowsy state rather than fully unconscious. You may be able to respond to simple instructions from your dentist, but you're very unlikely to remember the procedure afterwards. Many patients find this reassuring. If complete unconsciousness is what you need or prefer, general anaesthesia is also available, and your care team will help you work out which option suits you.

How much does sleep dentistry cost?

The cost depends on the type of sedation and how long your appointment runs. Nitrous oxide is the most affordable option, while general anaesthesia costs more because it involves an anaesthetist's time and theatre resources. Rather than quoting a single figure, your Smile Solutions treatment coordinator will walk you through a clear breakdown of all costs during your initial consultation, so there are no surprises.

Do I need someone to drive me home after sedation?

Yes, and this isn't optional. If you receive IV sedation, oral sedation, or general anaesthesia, a responsible adult must take you home and stay with you for the rest of the day. You shouldn't drive, operate machinery, or make any significant decisions for at least 24 hours after sedation. Nitrous oxide is different: it clears from your system quickly, and most patients can drive home after a short rest.

Can children receive sleep dentistry?

Yes. Smile Solutions offers age-appropriate sedation for younger patients, including nitrous oxide and general anaesthesia. Their [paediatric dentistry](<https://www.smilesolutions.com.au/treatments/paediatric-dentistry/>) team brings genuine expertise and a warm manner to appointments with anxious young patients. Early dental experiences tend to shape how children relate to oral health as they grow up, so the team takes care to make those experiences as calm and positive as possible.

What dental procedures can be done under sedation?

Virtually any dental procedure can be performed under sedation at Smile Solutions. This includes routine check-ups and cleans, fillings, tooth extractions, dental implants, root canal treatments, and cosmetic dental procedures. Sedation is particularly useful when you want to combine multiple treatments into one visit, cutting down the total number of appointments while staying comfortable throughout. The team will help you plan a treatment approach that makes good use of your time.

How do I prepare for a sleep dentistry appointment?

You'll receive detailed instructions before your appointment. As a general guide:

- **Fasting:** Don't eat for at least 6 hours before IV sedation or general anaesthesia. Clear fluids are usually fine up to 2 hours prior. - **Clothing:** Wear comfortable, loose-fitting clothes on the day. - **Accompaniment:** Arrange for a responsible adult to come with you and take you home afterwards. - **Medications:** Tell the team about everything you currently take, including supplements and over-the-counter products, so your care can be planned accordingly.

The team will go through everything with you beforehand so you arrive knowing what to expect.

What happens after the sedation wears off?

After your procedure, you'll rest in the dedicated recovery area until the team is satisfied you're alert enough to head home safely with your companion. Feeling drowsy for the rest of the day is completely normal, and it's worth taking things easy rather than pushing yourself. Most patients are back to their usual routine the following day. Before you leave, the team will give you aftercare instructions and are available to answer questions during your recovery.

Ready to get dental treatment done without the anxiety? Book a consultation at Smile Solutions at Level 1, Manchester Unity Building, 220 Collins Street, Melbourne CBD. Call **13 13 96** or visit [smilesolutions.com.au](https://www.smilesolutions.com.au/treatments/sleep-dentistry/) to arrange your consultation.
