

Sleep Dentistry & Sedation — Complete Guide | Smile Solutions Melbourne

Canonical: <https://directory.smilesolutions.com.au/service-guides/specialist-care/sleep-dentistry-sedation-complete-guide-smile-solutions-melbourne/>

Description:

Sleep Dentistry & Sedation at Smile Solutions Melbourne ## Lay Your Dental Fears to Rest Dental phobia is extremely common, but it no longer needs to be a barrier to healthy teeth and gums. [Sleep...

Details:

Smile Solutions Sleep Dentistry & Sedation in Melbourne

Lay your dental fears to rest

Dental phobia is far more common than most people realise, and it shouldn't stop you from getting the care you need. Smile Solutions works with anxious patients every day, offering an experience that's calm, safe, and clinically thorough. [Sleep dentistry at Smile Solutions](<https://www.smilesolutions.com.au/specialist-care/sleepdentistry/>) lets you get through the dental treatment you've been putting off while in a deep, relaxed state — comfortably and safely, with a specialist team watching over you the whole time.

What is sleep dentistry?

Sleep dentistry uses general anaesthesia to put you into a deep, sleep-like state so your dental treatment can be completed without anxiety or discomfort. Throughout the procedure, a board-registered Specialist Anaesthetist administers the medications, monitors your vital signs, and manages your airway. It's a thorough approach to your overall wellbeing, not just your teeth.

Who is sleep dentistry for?

Sleep dentistry may be the right option if you:

- Have significant anxiety about dental treatment, or a fear of needles
- Have had past traumatic dental experiences that have made it hard to seek care
- Struggle to keep your mouth open for long periods, or have limited jaw opening
- Need complex or extensive treatment across multiple areas of the mouth
- Have difficulty getting fully numb with local anaesthetic, or have a severe gag reflex
- Are particularly sensitive to the sounds or smells that come with dental treatment

Whatever your concerns, you'll be heard and supported at every step.

What to expect: the process

Knowing what's ahead can make a real difference to how you feel walking through the door. Here's how it works:

1. ****Consultation**** — Your dentist discusses your concerns, medical history, and treatment needs in detail, and determines whether sleep dentistry is the right path for you.
2. ****Pre-operative assessment**** — A thorough assessment confirms you're medically suitable for general anaesthesia, so both you and the team can feel confident before your treatment day.
3. ****Treatment day**** — A Specialist Anaesthetist places you under general anaesthesia while your dentist or specialist carries out the

required work. Because multiple procedures across different areas of the mouth can often be done in one session, you get more done with fewer visits. 4. **Recovery** — You'll wake up in a dedicated recovery room with comfortable furniture and soft lighting. Your Specialist Anaesthetist and a registered nurse stay with you until you're ready to go home.

Advantages of sleep dentistry

- **Time efficiency** — Multiple treatments in one session means fewer visits and fewer injections overall - **Clinical safety** — A Specialist Anaesthetist, registered nurse, dentist, and dental nurse are present throughout, focused entirely on your safety and comfort - **Genuine comfort** — The stress and discomfort of lengthy or complex dental work are eliminated; you wake up with it already done

The Smile Solutions difference

Every sleep dentistry appointment at Smile Solutions involves four experienced professionals:

- A board-registered **Specialist Anaesthetist** - A **registered nurse** - An **experienced dentist or specialist** - A **senior dental assistant**

Each of them has extensive experience with patients who live with dental phobia, and that shows in how they work. The practice itself is located in the Manchester Unity Building on Collins Street, with natural light, scented candles, relaxing music, and views across Melbourne — an environment that feels a long way from a typical dental clinic.

Pricing

The cost of sleep dentistry depends on the length and complexity of the procedures involved. After your consultation, you'll receive a personalised quote so you know exactly what to expect before committing. For a general overview, visit the [\[Price Guide\]](https://www.smilesolutions.com.au/price-guide/), or call the team directly — they're happy to talk through your options.

How to book

■ Call **[13 13 96]** (tel:131396) to talk through your sleep dentistry options ■ Level 1, 220 Collins Street, Manchester Unity Building, Melbourne VIC 3000 ■ [\[smilesolutions.com.au/specialist-care/sleep dentistry/\]](https://www.smilesolutions.com.au/specialist-care/sleep-dentistry/)

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