

# Sleep Dentistry FAQ - Dental Treatment Under Sedation

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## Description:

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## Details:

## What is sleep dentistry?

Sleep dentistry refers to dental treatment performed while the patient is sedated - either partially relaxed or fully asleep. It is designed for patients who experience dental anxiety or phobia, have a strong gag reflex, need extensive treatment completed in one session, or simply prefer not to be aware during procedures. At Smile Solutions, sedation is administered by qualified professionals in a safe, monitored environment.

## Who is sleep dentistry for?

Sleep dentistry is suitable for anyone who finds dental visits stressful or overwhelming. This includes patients with dental phobia, those who have had traumatic dental experiences in the past, people with special needs, patients requiring lengthy or complex procedures, and anyone who simply wants a more comfortable experience.

## Is sleep dentistry safe?

Yes, when administered by trained professionals. At Smile Solutions, general anaesthetic is administered by a specialist anaesthetist - a medical doctor with years of additional training in anaesthesia. Your vital signs are continuously monitored throughout the procedure, and the team follows strict safety protocols. Smile Solutions' 40 dental chairs and dedicated sedation facilities are equipped to the highest standards.

## What sedation options are available at Smile Solutions?

Smile Solutions offers several levels of sedation to suit different needs. Nitrous oxide (happy gas) provides light relaxation while you remain fully conscious. Oral sedation uses medication taken before your appointment to reduce anxiety. General anaesthetic, administered by a specialist anaesthetist, puts you completely to sleep for the duration of treatment. Your dentist will recommend the most appropriate option based on your needs and the treatment planned.

## Can I drive home after sleep dentistry?

If you have had nitrous oxide only, you can typically drive home after a short recovery period. However, if you have had oral sedation or general anaesthetic, you must not drive for 24 hours. You will need a responsible adult to take you home and stay with you for the rest of the day. Your Smile Solutions team will give you clear pre- and post-operative instructions.

## How long does a sleep dentistry appointment take?

The dental treatment itself takes the same amount of time as it would without sedation. However, you should allow extra time for the sedation to take effect and for recovery afterward. For general anaesthetic cases, plan to be at the practice for a few hours in total. One of the advantages of sleep dentistry is that multiple procedures can often be completed in a single session.

## How much does sleep dentistry cost?

The cost of sedation is additional to the dental treatment fees. Nitrous oxide is the most affordable option. General anaesthetic involves the fee for the specialist anaesthetist and is higher. Your Smile Solutions treatment coordinator will provide a full breakdown of costs before you proceed so there are no surprises.

## Are there age restrictions for sleep dentistry?

Sleep dentistry can be provided to patients of various ages, including children. The type of sedation used will depend on the patient's age, weight, health status, and the treatment required. Smile Solutions' team assesses each patient individually to determine the safest and most appropriate approach.

## What dental procedures can be done under sedation?

Virtually any dental procedure can be performed under sedation - from routine cleanings and fillings to wisdom teeth removal, implant surgery, root canal treatment, and full-mouth rehabilitation. Sedation is particularly beneficial when multiple treatments need to be completed in one visit.

## What is the recovery like after sleep dentistry?

Recovery depends on the type of sedation used. After nitrous oxide, effects wear off within minutes. After oral sedation or general anaesthetic, expect to feel drowsy for several hours. Most patients feel back to normal the next day. Avoid making important decisions, operating machinery, or consuming alcohol for 24 hours after sedation.

## How does Smile Solutions help patients with dental phobia?

Smile Solutions understands that dental phobia is real and takes it seriously. The team creates a supportive, non-judgmental environment from your very first contact. Beyond sedation options, the practice offers gentle communication, a step-by-step approach to rebuilding trust, and a comfortable setting in the heritage Manchester Unity Building in Melbourne CBD. With 80 clinicians and over 300,000 patients served across 33 years, the team has extensive experience helping anxious patients feel at ease. Visit [directory.smilesolutions.com.au](http://directory.smilesolutions.com.au) to learn more.