

STEPS FOR A HEALTHY MOUTH, HEALTHY TEETH AND A BEAUTIFUL SMILE

Steps that are important to consider, moving forward and being honest to yourself

1. Not CANCELLING, CHANGING, POSTPONING OR FAILING YOUR DENTAL APPOINTMENT.
2. Form an intent in your heart to move into a healthier mouth. For people who experience a high level of fear at the mere thought of a visit to a dental office, just making the first call to schedule an appointment is very difficult. I want to congratulate you for taking that first step toward looking better and more youthful and feeling great about your dental health, as well as your new smile.
3. The next challenge will be getting to your first appointment. The fear you feel may cause you to consider calling us to cancel, postpone or fail your initial visit. Remember your intent and your determination to move towards a healthier mouth. Your companion, spouse, friend can be a major supporter to help you follow through with that which you intended. The following are just some of the excuses that we have heard over the years that patients have thought of to use letting fear dominate their behavior and stand in the way of getting what they genuinely and truly want.

I am sick

I can't get off work

My boss won't let me leave work

My child is sick

My car is in the shop

I have a family emergency

I can't afford it

I have a flat tire

I have to take the dog to the vet, and on and on

We realize that all of the above reasons are part of life but we ask that you recognize, as we do, that many times fear is paralyzing you and holding you back from feeling good about yourself and follow through. We are here to help you. You must also remember that the doctor has specifically set aside time just for you. Failing your specified appointed time or canceling will not allow the doctor to put someone else in that time so the doctor's time is wasted and that is NOT fair to the doctor or other patients.

4. If you need a prescription for a medication to help relieve your anxiety before your first visit, or sleep better, please tell us. This is a very common request. Many patients need a prescription for something to take the night before the appointment just to help them get to sleep. These are safe and effective.
5. I have made a commitment to my patients to do whatever it takes to make them comfortable during their visit with us. If it takes medication, "laughing gas", or sedation, our entire team, as well as myself are here to help you through every step of the way! You can look forward to our assistance.

6. Make a commitment to yourself now to follow through. You have already formed an intent to seek out the best care that you need. We are, for many high fear dental patients, the very opportunity you need, to help yourself to a better life, better health and the smile that you can have everyday. Our professional skills and our caring compassion will get you through this brief challenging moment.

Conscious Sedation Dentistry

Conscious Sedation dentistry sometimes called RELAX dentistry and sometimes referred to as sleep dentistry by some people, is a new area of dentistry that has been formed in order to help very fearful patients in order that they can receive normal routine dental procedures comfortably with much less anxiety. Many patients, "because of fear, have avoided or refused dental care. Dentistry has come so very far, that it simply isn't like dentistry in the old days. With the addition of conscious sedation we are able to help those patients that need this help. The Minnesota state board of dentistry has a rigid set of standards for those doctors who choose to go through the extensive educational process and procurement necessary experiment and certification steps in order to be able to provide this service to patients.

Conscious sedation uses certain medications or drugs that relax the patient in order to achieve dental care comfortably and safely. Often a small pill, Triazolam for one, is taken orally by the patient before treatment. Sometimes I.V. (intra venous) medications are used for sedation. You and your dentist will decide upon this route. The goal is for the patient to relax and accomplish the care needed safely. Many times patients are so relaxed they fall asleep. That is why it is called conscious sedation because we are able to arouse you from the sedated state when desired. That is different from general anesthesia or deep sedation like that which is used in a hospital for a major surgery like Tonsillectomy or appendix removal etc. While the patient is in the sedation state, we carefully monitor your blood pressure, breathing, pulse, oxygen saturation and sometimes use 3 lead EKG for our patient's safety. As you can see, this is truly conscious sedation and your safety is a must. As a side note most patients don't even remember any of the dental procedures at all.

Comprehensive Examination and Appointment Scheduling

When you decide to make an appointment for an examination, a comprehensive examination will be performed and all necessary x-rays (radiographs) will be taken. An examination, diagnosis and treatment plan will be formulated later. The treatment plan and the options that are available to the patient will be presented to the patient. This part is usually done at a second visit (consultation visit). At that visit, consent forms and the fees for the various options are covered along with conscious sedation fees, approximate number of appointments and length of appointments if more than one is required, along with ways to pay for treatments: Visa, MasterCard, American Express, Discover, checks, cash, dental fee plan, bank loans, etc. All fees are paid or arrangements made prior to scheduling any appointments. After this is covered, scheduling appointments will be set up that is convenient for you and the doctor.

If you have any questions regarding any portion of this please ask our staff prior to your scheduling appointment.