

## WHAT IS SLEEP DENTISTRY?

We now offer Sleep Dentistry under Medical supervision with a Specialist Anaesthetist trained in Anaesthesia and Intensive care.

It may be referred to as Simple Sedation or Twilight Sleep. This is also a form of Dental Sedation and allows an intense form of relaxation throughout the entire dental procedure. All of the safety equipment that you would expect in a major Hospital will be provided to ensure your safety throughout the procedure and supervised at all times by a Medical Specialist.

Although you may have been unaware that it is available, once Sleep Dentistry is experienced you will have an entirely new, positive and relaxed outlook when you next see the dentist.

This safe and incredibly relaxing technique will allow your procedure to be undertaken in the most suitable environment.

Like General Anaesthetic, sedation is incredibly safe and does not require you to be an inpatient of a hospital. Allowing your procedure to be done in our centre offers your treating dentist access to all his resources making your treatment so much more efficient. It does not require hospitalisation or extended recovery. You can have Sleep Dentistry here at our centre while comfortably resting in the dentist's chair. When you wake up you will have no memory or recollection of anything that has occurred.

During Sleep Dentistry you are in a very calm and relaxed state and breathing spontaneously. Your sedation under Sleep Dentistry allows you to be calm, relaxed and unaware of anything going on before the dentist begins your treatment.

In our practice, Sleep Dentistry is administered by **Dr. Danny Raiz**, who is an experienced Specialist Anaesthetist who specialises in Dental Sedation and maintains a practice providing sedation to dental patients as well as many other forms of complex surgery.

You'll be ready to go home after a short recovery period, in the company of a responsible adult who is prepared to stay with you for 24 hours. You are usually ready to go home after 20 to 30 minutes.

Please read ALL the following information for details but **you must not eat or drink for 6 hours in advance**. Any concerns about fasting please contact the Anaesthetist.

During the procedure we massage your legs with a machine called a sequential calf compressor, we cover you with a warming blanket and we take the guess work out of anaesthesia using sophisticated syringe drivers controlling your medication under the watchful eye of the anaesthetist. We offer a high level of care that not only meets the standards for sedation in hospital or day procedure units, but exceeds them.

# FAQ

## **Q: What are the costs of Sleep Dentistry?**

**A:** The cost for Sleep Dentistry is split into three categories:

- The Facility Fee – \$180.00 per hour. This is due on the day of treatment.
- The Dental Treatment – this will be as outlined on your treatment plan. This is also due on the day of treatment.
- The Anaesthetic – This will vary according to the length of time you are “asleep”. This amount is due on the day of treatment. This account can be claimed on Medicare. Below is a guide showing the Australian Medical Association Recommended Rate and the reduction amount for payment on the day of treatment

<b>Time</b>	<b>Recommended Rate</b>	<b>Reduction Amount</b>
<b>1Hour</b>	<b>\$756</b>	<b>\$635</b>
<b>Thereafter</b>		<b>\$500 per hour</b>

## **Q: Will I feel any pain or be aware of anything about the dental treatment?**

**A:** Dr Raiz will ensure you are relaxed and unaware in a sedated or sleep state before the Dentist commences any treatment. You will awake when it is all over with no recollection of anything. There is no pain or discomfort.

## **Q: Will I be asleep?**

**A:** You are in a very deeply relaxed state from which you are still responsive. It is commonly referred to as Twilight Sedation or Twilight Sleep. When you fully wake up, you have no recollection of the entire procedure.

## **Q: Will I be monitored?**

**A:** Yes. Dr Raiz is sitting at your side the entire time. You will be fully monitored with all the latest safety equipment. He is constantly adjusting and maintaining your sedation and monitoring your pulse, blood pressure, carbon dioxide, oxygen saturation, ECG and your depth of sedation. You are never alone. This procedure is exactly like you are in hospital.

## **Q: Does the Dentist still have to give me injections in the mouth?**

**A:** Depending on your procedure you may still get Local Anaesthesia but only when you are asleep. Local aesthetic injections are still important to make sure that you have no pain. The big difference however is that you won't feel or be aware of any of the needles – Sleep Dentistry begins first.

**Q: Is it safe?**

**A:** Yes. Thousands of people undergo sedation every day for a wide variety of uncomfortable procedures such as endoscopy, bronchoscopy, colonoscopy and dentistry. Very small doses are used in sleep dentistry. The safety of sedation is very well documented in many studies as well as in every day clinical use. When administered and supervised by an experienced Specialist Anaesthetist, sedation is both safe and highly effective. Australia is one of the safest places in the world to have an anaesthetic.

**Q: Which dental procedures can be done under Sleep Dentistry?**

**A:** Sleep Dentistry can be used for all types of dental procedures including cleaning, fillings, root canal therapy, crowns, extractions and implants. Multiple procedures, complex treatment and even surgery can be done in the one session because you will be relaxed, comfortable and pain free.

**Q: Can I speak with the Anesthetist prior to the Sedation?**

**A:** Yes, Dr. Raiz will have a consultation with you before the session to explain the procedure in detail and to answer any questions. We will provide you with Dr. Raiz's phone number if you or your own doctor wishes to speak with him before your appointment. He is very approachable and will be happy to discuss any issues with you and will answer any questions.

**Q: I keep putting off seeing the dentist.**

**A:** The main reason people avoid needed dental work is anxiety and fear. Most people are unaware of Sleep Dentistry. They are pleasantly surprised to find that their dental visit can actually be calm and enjoyable once they have experienced Sleep Dentistry.

**Q: I have no fear of the Dentist. Would Sleep Dentistry help me?**

**A:** There are many reasons why people today are opting to have Sleep Dentistry - not just out of fear or anxiety. Many people want sedation simply to have the time fly by quickly, alleviate the boredom and tedium of long sessions, or are simply too busy to schedule multiple visits. They would prefer to get more done in one session comfortably!

**Q: Is there a Medicare benefit (rebate) available?**

**A:** Yes, Dr. Raiz will explain the Medicare rebate to you. The amount of rebate depends on the safety net. i.e. other claims you have made this year. Many people can exceed the safety net which is different for pensioners and the unemployed versus a family. Please compile all your family expenses for medicare and if you exceed the safety for medical treatment you may be entitled to a further 80% rebate of all your out of pocket expenses. Some patients get up to 86% of all their account if they pay it on the day of the procedure.

**Q: Can I eat before my appointment?**

**A: NO.** Please ensure that you have nothing to eat or drink for 6 hours before your scheduled appointment. Not even lollies, chewing gum or water. If your appointment is in the morning, this may mean nothing to eat or drink from midnight the night before. If you have an afternoon appointment it may be okay to have a small snack or meal beforehand but you must finish no less than 6 hours prior to your treatment. If in doubt, DON'T EAT! If you are not properly fasted, your appointment may be rescheduled.

**Q: Can I take my usual medications?**

**A:** It is important to take your usual medications at the time you would normally take them – even if this is within the fasting period. In this case, a small sip of water to swallow your pills is permissible. The main (and very important) exception to this is if you are diabetic – generally speaking, you must not take your insulin, or diabetic pills if you are intending to not eat or drink. If this applies to your situation, we recommend you talk to Dr Raiz about this beforehand so that a plan may be worked out for your medications before and after sedation. Most other medicines can and should be taken. If you have any doubts or concerns about this please contact our surgery.

**Q: What clothing should I wear?**

**A:** Please wear comfortable clothing – most dental treatments are prolonged. You should wear short sleeves, or else sleeves that can be loosely rolled all the way up your arm. This is to allow a blood pressure cuff to be fitted to your upper arm on one side, and a tourniquet to be applied to the other side so that a cannula can be placed. You should not wear one-piece outfits – sometimes an adhesive patch needs to be placed on the side of your rib cage under your shirt or blouse. Don't worry about being cold – you will be covered with a space blanket during the procedure to keep you warm and comfortable.

**Q: What happens when I arrive for my appointment?**

**A:** Upon your arrival you will be consulted by Dr Raiz. He will discuss your health history. He will want to know the following things:

- **Your medical history** – Both past and present medical problems if any.
- **Your surgical history** – What sorts of operations or procedures you have had at any time in your life for any reason
- **Pregnancy and Breastfeeding** – If you think you could be pregnant, or are currently breast feeding, we need to discuss these issues BEFORE the day of your appointment
- **Medications** – What medicines you are currently taking. You should continue taking your usual medications. Please discuss this with us beforehand if you are diabetic as the fact you need to fast before sleep dentistry may necessitate delaying your insulin pills until after the procedure when you are able to eat again. If you are taking blood thinners, this should be stopped 7-10 days prior to your surgery, and re-started within one day after. You must consult your doctor before stopping or discontinuing any of your medication.
- **Allergies** – let us know about any allergies or adverse reactions you have had to any medicines, antibiotics or anaesthetics.

**Q: What happens after my procedure?**

**A:** When your procedure is finished, you will “wake up” naturally and gradually, during which time you will be continuously monitored. When you are awake enough to walk steadily you can go home.

**Q: Getting home after your procedure.**

**A:** After your procedure is finished you will have a brief recovery period after which you can go straight home. You must be accompanied by an adult. Under no circumstances will you be able to drive home from the dentist – or for the rest of the day.

You cannot,

- walk home (even if it’s close), nor can you,
- go by public transport

It is permissible to go home by taxi, but only in the company of a friend or relative. The person taking you home will need to hold your arm and “walk” you to the car with our assistance if necessary. Upon arrival at your home, they should walk you into the house. If you have not made arrangements to be accompanied home, your procedure may have to be rescheduled.

On arriving home, you may feel like going straight to sleep again. This is okay, but we will ask whoever is with you to gently wake you every hour for the next four hours to make sure you are easily woken. Some people will recover very quickly and feel normal straight away. Upon leaving, they are not drowsy at all. That is fine but be aware this is an illusion and a by-product of the great sense of well being experienced with Sleep Dentistry. Your reflexes, co-ordination and judgment will all be impaired, sometimes subtly. If you don’t feel like sleeping, we ask that you simply “flake out” in front of the TV or with a good book or magazine. Don’t engage in any activity for the rest of the day. It is always possible that a mistake in judgment or a mishap due to lack of co-ordination may cause injury.

**Therefore it is imperative that for the remainder of the day you:**

- Do not drive or operate any machinery
- Do not drink any alcohol or take any sedatives, sleeping pills or recreational drugs (your normal medications are usually okay)
- Do not do any housework, cooking, cleaning, ironing, gardening etc.
- Do not go to work or conduct any business at home

Usually by the next morning you are fully recovered and can get back to normal activities. Sometimes after a long sedation or one that finishes up late in the day, you might find that you are still slightly affected the next day. Please make allowances for this and do not resume normal activities until you are able.

When you leave, you will be given a Post Operative instruction sheet and you may get a prescription for pain killers and antibiotics which will follow consultation of the anaesthetist and the surgeon on the day. It is actually very rare to feel nausea after Sleep Dentistry.