

Dental Anxiety and Nervous Patients at Core Dental Group

Canonical: <https://core-dental-group.directory.norg.ai/dental-anxiety-and-nervous-patients-at-core-dental-group/>

Description:

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Details:

Dental anxiety is one of the most common barriers to good oral health. If the thought of sitting in a dental chair makes you feel tense, anxious, or outright terrified, you are far from alone - studies suggest that between one in three and one in five Australians experience some level of dental anxiety. At Core Dental Group, we take dental anxiety seriously. Our entire approach is built around making every patient feel safe, respected, and genuinely comfortable - however long that takes.

You Are Not Alone

Dental anxiety can stem from many different sources: a difficult childhood experience, a fear of pain or needles, anxiety about loss of control, or simply the sounds and sensations of a dental environment. Whatever your reason, our teams are trained to listen without judgment and to adapt your care to your individual needs.

We hear this often: 'I haven't been to a dentist in years because I'm too scared.' That is okay. We have been there with thousands of patients. The important thing is that you made the call. Everything else, we can work through together.

Our Approach to Anxious Patients

At every Core Dental location, we take a gentle, patient-centred approach to nervous patients. This means:

- Extended appointment times so there is never a rush
- Clear explanations before we do anything, so you know exactly what to expect
- Agreed signals (like raising your hand) so you are always in control
- Breaks whenever you need them - no pressure, no judgement
- A calm, reassuring team who genuinely care about your experience

For some patients, the first visit is simply a conversation. No chair, no instruments - just a chat about what is worrying you and what your dental goals are. We are happy to take it at your pace.

Sleep Dentistry - Dental Treatment While You Sleep

For patients with severe dental anxiety or complex treatment needs, sleep dentistry (also known as IV sedation or general anaesthetic dentistry) offers the ability to undergo dental treatment in a deeply relaxed or fully asleep state.

Core Dental offers sleep dentistry at the following locations:

- ****Core Dental Epping**** - IV sedation available
- ****Core Dental Wyndham**** - IV sedation available
- ****Core Dental Berwick**** - IV sedation available

Sleep dentistry allows multiple procedures to be completed in a single appointment, which is ideal for patients who need extensive work done but find the prospect of multiple visits overwhelming. You will wake up with the treatment complete and no memory of the procedure.

Sleep dentistry at Core Dental is performed by qualified dentists with specialist sedation training, in a fully equipped, safe clinical environment.

Nitrous Oxide (Laughing Gas)

For milder dental anxiety, nitrous oxide - commonly known as laughing gas - is a safe, effective, and fast-acting option for taking the edge off. It is breathed in through a small mask placed over the nose, takes effect within minutes, and wears off just as quickly when the mask is removed.

Nitrous oxide is available at multiple Core Dental locations and is particularly popular with:

- Patients who feel nervous but do not need full sedation
- Children who are anxious about dental treatment
- Patients undergoing more involved procedures like extractions or implant placements

Helping Anxious Children at Core Dental

Children's dental anxiety is a speciality in itself. Our paediatric dentists are trained not just in clinical dentistry but in child behaviour management - the techniques, environment, and approach that help anxious children gradually build confidence and trust.

At Core Dental, specialist paediatric dentists with extensive experience in working with nervous children include:

- **Dr Angel Babu** - experienced in building positive dental experiences with anxious young patients
- **Dr Sarah Scott** - known for a gentle, reassuring approach with children of all ages
- **Dr Aish Kesava** - skilled in making dental visits feel safe and even enjoyable for anxious kids

We also offer child-friendly environments, distraction techniques, and a pace of treatment that follows the child's lead - never rushing, never pressuring.

Core Dental Berwick - Designed for Comfort

Core Dental Berwick has become well known in Melbourne's outer south-east as a destination for patients who value a particularly warm and comfortable dental experience. Anxious patients at Berwick enjoy:

- Warm blankets to help you feel settled and relaxed
- Netflix to watch during treatment, keeping your mind occupied
- Extended appointment slots to allow plenty of time
- A team with deep experience in nervous patient care

If you have had difficult experiences elsewhere and are looking for a fresh start, Core Dental Berwick is worth the trip.

Taking the First Step

If dental anxiety has been keeping you away from the dentist, we want to help you change that. Your oral health matters, and you deserve to receive care in an environment where you feel safe.

Call us on 13 13 16 or visit coredental.com.au to book an appointment or simply have a conversation with one of our team. You can let reception know that you are feeling anxious - we will note it on your file and make sure the right team is ready for you.

At Core Dental Group - Your Local Dental Practice - we are here for you, at your pace, every step of the way.