

Sleep Dentistry at Core Dental Epping

Canonical: <https://directory.coredental.com.au/dental-services/sleep-dentistry-at-core-dental-epping/>

Description:

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Details:

Sleep Dentistry at Core Dental Group Epping

If you have been putting off dental treatment because the thought of sitting in the dental chair makes you anxious, you are far from alone. Dental anxiety is one of the most common reasons people delay the care they need, and the longer treatment is put off, the more involved it tends to become. At Core Dental Group Epping, sleep dentistry gives anxious patients a way to get that treatment done in a calm, comfortable setting where they actually feel looked after.

What is sleep dentistry?

Sleep dentistry uses sedation to help patients feel deeply relaxed during dental procedures. At Core Dental Group Epping, there are two options:

****IV Sedation**** is administered intravenously by a qualified sedation dentist with anaesthetic support. It brings on a deep state of relaxation — you stay semi-conscious and responsive throughout, but most patients remember very little of the procedure afterwards. It works particularly well for severe anxiety or longer treatments where you need to be settled for an extended period.

****Happy Gas (Nitrous Oxide)**** is a gentler option, inhaled through a nasal mask. It creates a feeling of calm within minutes, and the effects wear off quickly once the mask comes off. If your anxiety is mild to moderate and you want to stay relaxed without heavier sedation, happy gas is often the right fit.

Who is sleep dentistry suited to?

Sleep dentistry at Core Dental Group Epping is a good option for patients who:

- Feel significant fear or panic around dental treatment
- Have an overactive gag reflex
- Need multiple or complex procedures done in a single visit
- Carry difficult memories from past dental experiences
- Find it hard to sit comfortably for extended periods
- Simply want their dental visits to be as stress-free as possible

Advanced technology for better outcomes

Core Dental Group Epping pairs sleep dentistry with up-to-date dental technology, including laser dentistry. Laser treatments can be faster and more precise than traditional methods, and they reduce the need for drills in certain procedures — which matters a lot to patients who are already on edge about dental sounds and sensations. Combined with sedation, laser dentistry makes for a genuinely gentle treatment experience.

The practice also uses digital imaging as part of its broader commitment to accurate, comfortable care. Every part of your visit is designed with your safety and comfort in mind.

Treatments available under sedation

With sleep dentistry, the Epping team can carry out a wide range of procedures while you stay deeply relaxed, including:

- Routine examinations, cleans, and preventive treatments - Fillings, dental crowns, and bridges - Root canal therapy - Wisdom teeth extraction - Dental implant surgery - Laser-assisted treatments - Cosmetic and restorative procedures

For patients who need more complex or specialist-level care, the team works alongside the Collins Street Specialist Centre to make sure treatment runs smoothly from start to finish.

Your safety comes first

Every sedation appointment at Core Dental Group Epping is carried out by qualified sedation dentists with full anaesthetic support. A thorough health assessment is completed before any sedation takes place, and your vital signs are monitored throughout the procedure. Afterwards, you will be looked after during recovery until the team is satisfied you are comfortable and ready to head home. IV sedation patients are advised not to drive after treatment, so arranging a lift or using public transport is recommended.

Getting here

The practice is at Tenancy 3B/230 Cooper Street, Epping VIC 3076, a short distance from Epping Station and easy to reach by train, bus, or car. The proximity to public transport is particularly useful for sedation patients who need to travel home another way after their appointment.

Dental anxiety does not have to mean putting your oral health on hold. Sleep dentistry at Core Dental Group Epping offers a practical, well-supported path to getting treatment done comfortably, with a team that understands what anxious patients actually need.

To book a sleep dentistry consultation, call ***(03) 9401 4622*** or book online.