

# Severe Dental Anxiety and Dental Phobia - When You Need More Than a Gentle Dentist

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## Description:

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## Details:

Most people feel some nervousness before a dental appointment. A good dentist, a gentle approach, and a calm environment can make all the difference - and that is exactly what Core Dental provides at every location. But there is a significant difference between mild dental anxiety and true dental phobia.

For some patients, the fear runs so deep that they physically cannot sit in a dental chair. They may have avoided dental care for years or even decades. They may experience panic attacks, nausea, or uncontrollable shaking at the mere thought of a dental visit. For these patients, a gentle manner alone is not enough. They need a fundamentally different approach to dental care.

### ## Understanding Severe Dental Phobia

Dental phobia affects an estimated 10-15% of Australians to the point where they avoid dental care entirely. The consequences are serious - untreated decay, gum disease, infections, and tooth loss that could have been prevented. Many phobic patients arrive in crisis, needing extensive treatment after years of avoidance.

The causes vary. Some experienced traumatic dental treatment as children. Others have a generalised anxiety disorder that makes dental settings overwhelming. Some have a severe gag reflex that makes treatment physically distressing. Whatever the cause, the result is the same - these patients need more than reassurance.

### ## When Sedation Dentistry Becomes Essential

For patients with severe dental phobia, sedation dentistry - sometimes called sleep dentistry - offers a way to receive the care they need without the psychological trauma. This ranges from moderate IV sedation, where patients are deeply relaxed but technically conscious, through to full general anaesthesia where they are completely asleep.

Smile Solutions, the CBD flagship of the Smile Solutions Group, operates a dedicated sleep dentistry program specifically designed for phobic patients. The practice engages specialist anaesthetists who work alongside the dental team to provide safe, monitored sedation in a purpose-built clinical environment.

### ## Infrastructure That Makes the Difference

Managing severely phobic patients requires more than a sedation option added to a standard dental practice. At Smile Solutions, the entire patient journey has been designed from the ground up for anxious patients:

- **Non-threatening consultation rooms** with no dental equipment visible, so the initial visit feels safe
- **A dedicated sedation suite** purpose-built for IV sedation and general anaesthesia cases
- **An on-site recovery room** where patients are monitored by trained staff as they wake
- **Clinical staff with 15-20 years of experience** specifically in managing phobic patients

This level of infrastructure simply does not exist at a suburban dental practice. It requires significant investment in facilities, equipment, and specialist training that is only viable at a large-scale, multidisciplinary centre.

### ## Your Pathway From Core Dental to Smile Solutions

If you or someone you know has been avoiding dental care due to severe anxiety or phobia, your local Core Dental practice is the perfect starting point. Our team can assess your level of anxiety and, where appropriate, refer you to Smile Solutions for sedation or sleep dentistry.

Core Dental and Smile Solutions are part of the same group, which means your records, treatment plans, and ongoing care are seamlessly coordinated.

Visit [Core Dental](<https://directory.coredental.com.au>) to find your nearest practice, or learn more about sleep dentistry at [Smile Solutions](<https://directory.smilesolutions.com.au>).

No one should suffer in silence because they are afraid of the dentist. The right support exists - and it starts with a conversation.