

Sleep Dentistry at Core Dental South Melbourne

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

Description:

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Details:

Dental anxiety is real, common, and nothing to be embarrassed about. Whether your fear stems from a past experience, needle phobia, a sensitive gag reflex, or simply years of avoiding the dentist, Core Dental South Melbourne at 324 Clarendon St offers sedation options to help you receive the dental care you need in comfort. We welcome anxious patients from South Melbourne, Albert Park, Middle Park, Port Melbourne, and the surrounding inner-city area.

Understanding Dental Anxiety

Research suggests that up to 1 in 6 Australians experience some level of dental anxiety, and for many, the fear is severe enough to prevent them from seeking treatment altogether. The longer dental visits are delayed, the more complex treatment becomes - creating a cycle of avoidance that worsens both oral and general health.

At Core Dental South Melbourne, our team is trained to recognise and respond to dental anxiety with patience, clear communication, and a range of comfort measures designed to make every visit as stress-free as possible.

Sedation Options at Core Dental South Melbourne

Happy Gas (Nitrous Oxide)

Nitrous oxide - commonly known as happy gas - is a mild sedative inhaled through a small mask placed over the nose. It produces a calm, relaxed feeling within minutes. You remain fully conscious and able to communicate throughout treatment. The effects wear off quickly, and most patients can drive themselves home afterward. Happy gas is suitable for both adults and children and is ideal for mild to moderate anxiety.

Oral Sedation

For patients who need a deeper level of relaxation, oral sedation involves taking a prescribed sedative medication before your appointment. You will feel drowsy and deeply relaxed during treatment, though you remain conscious. A companion must drive you to and from the appointment, and you should plan to rest for the remainder of the day.

Comfort Measures

Beyond sedation, our South Melbourne team offers additional comfort measures including noise-cancelling headphones, Netflix streaming during treatment, warm blankets, and a gentle, unhurried approach to every appointment. We encourage anxious patients to discuss their concerns

before treatment begins so we can tailor the experience accordingly.

When You Need More - General Anaesthesia at Collins Street

For patients with severe dental phobia, complex treatment needs, or medical conditions that make standard sedation unsuitable, Core Dental South Melbourne can refer you to the Collins Street Specialist Centre within Smile Solutions at 220 Collins Street, Melbourne CBD. There, dental treatment is performed under full general anaesthesia administered by a specialist anaesthetist in a purpose-built facility with dedicated recovery rooms and a four-person clinical team. This option allows extensive treatment to be completed in a single session with no awareness or memory of the procedure.

Collins Street Specialist Centre - Phone: (03) 9650 2726 | directory.smilesolutions.com.au

Why Core Dental South Melbourne?

Core Dental South Melbourne is part of the Core Dental Group - a network of 9 locations across Melbourne engaging over 80 clinicians, including 25+ specialists, and serving more than 300,000 patients over 33 years. Located on Clarendon Street, the practice is easily accessible for local residents and workers, with the added benefit of network-wide sedation protocols and a clear referral pathway for complex cases.

Book a Consultation

Your first step is a conversation. Call Core Dental South Melbourne to discuss your anxiety and the sedation options that suit you best.

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