

Sleep Dentistry at Core Dental Caroline Springs

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Description:

Sleep Dentistry at Core Dental Caroline Springs **Category:** Specialist Care **Location:** 224–226 Caroline Springs Blvd, Caroline Springs VIC 3023 **Phone:** (03) 9363 7888 --- ## Comfortable D...

Details:

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Comfortable Dental Care for Anxious Patients

Dental anxiety is more common than most people realise. Whether it stems from a difficult childhood experience, fear of needles, a strong gag reflex, or simply feeling uncomfortable in the dental chair, anxiety prevents many Australians from getting the dental care they need. At Core Dental Caroline Springs, we understand this — and we offer a range of sedation options, commonly known as sleep dentistry, to help you receive treatment comfortably and without distress.

Our team — including Dr Shakiba Askary, Dr Sherin Gad, Dr Lana Mettmann, Dr Sara Qureshi, Dr Anika Moyeed, Dr Ella George, and other experienced practitioners — is trained in sedation techniques and experienced in caring for anxious patients of all ages. We're here to make dental visits manageable, even for those who have avoided the dentist for years.

What Is Sleep Dentistry?

Sleep dentistry is a broad term for dental treatment performed under sedation — medication that helps you relax, reduces awareness of the procedure, and in some cases allows you to sleep through your appointment entirely. Despite the name, most forms of sedation dentistry don't involve being fully asleep (that's general anaesthesia, which is different). Instead, you're in a deeply relaxed state where anxiety is managed and treatment can be performed comfortably.

The level of sedation is tailored to each patient. Some people need only mild relaxation; others benefit from deeper sedation where they have little or no memory of the procedure afterwards. Your dentist will recommend the most appropriate option based on your level of anxiety, the treatment required, your medical history, and your personal preference.

Sedation Options at Core Dental Caroline Springs

We offer several sedation methods to suit different needs:

Happy Gas (Nitrous Oxide)

Happy gas is the mildest and most widely used form of dental sedation. It's a colourless, sweet-smelling gas mixed with oxygen that you breathe through a small nose piece during treatment.

****How it works:****

- You'll feel relaxed, warm, and slightly light-headed within a few minutes - You remain fully conscious and can respond to your dentist throughout - Anxiety and discomfort are significantly reduced - The effects wear off within minutes once the gas is turned off — you can drive yourself home and return to normal activities immediately

****Ideal for:****

- Mild to moderate dental anxiety - Patients who want to remain aware but relaxed - Short to medium procedures (fillings, cleans, simple extractions) - Children — happy gas is very well-suited to younger patients - Those who need to drive themselves to and from the appointment

****Considerations:****

- Not suitable for patients with certain respiratory conditions or nasal obstruction - You need to be able to breathe comfortably through your nose - Very safe with an excellent track record spanning decades of dental use

Oral Sedation

Oral sedation involves taking a prescribed sedative medication (usually a tablet) before your appointment. This produces a deeper level of relaxation than happy gas while still avoiding the need for needles or IV lines.

****How it works:****

- You'll take the medication at a specified time before your appointment (your dentist will provide precise instructions) - By the time treatment begins, you'll feel deeply relaxed and drowsy - You'll remain semi-conscious — you can respond to instructions but may have limited memory of the procedure afterwards - The effects take several hours to wear off completely

****Ideal for:****

- Moderate dental anxiety - Patients who prefer not to have an IV line - Longer procedures where sustained relaxation is needed - Adults and older adolescents (typically not used for young children)

****Considerations:****

- You must arrange someone to drive you to and from the appointment - Avoid alcohol for 24 hours before and after the appointment - You'll need to rest at home for the remainder of the day - Your dentist will review your medical history and current medications to ensure the sedative is safe for you

Intravenous (IV) Sedation

IV sedation is the deepest form of sedation available in a dental practice setting. Administered directly into a vein in your arm or hand, it provides rapid, precisely controllable sedation that can be adjusted throughout your procedure.

****How it works:****

- A small IV line is placed in your arm or hand (a topical anaesthetic cream can be applied beforehand if you're nervous about needles) - The sedative medication takes effect within seconds - You'll enter a deeply relaxed, drowsy state — most patients describe it as being in a dream-like state - Many patients have little or no memory of the procedure afterwards - Your dentist or sedation provider can adjust the level of sedation in real time, increasing or decreasing it as needed - Your vital signs (heart rate, blood pressure, oxygen levels) are continuously monitored throughout treatment

****Ideal for:****

- Severe dental anxiety or dental phobia - Patients who have avoided the dentist for many years and need extensive treatment - Complex or lengthy procedures (multiple extractions, implant placement, full-mouth rehabilitation) - Strong gag reflex that makes dental treatment difficult - Patients with special needs who find it difficult to cooperate in the dental chair

****Considerations:****

- You must arrange someone to drive you home and stay with you for the remainder of the day - Fasting is required beforehand (no food for 6 hours, no clear liquids for 2 hours — your dentist will confirm specific instructions) - Not suitable for everyone — your medical history will be thoroughly reviewed - A higher level of clinical monitoring is required during treatment

Who Benefits from Sleep Dentistry?

Sleep dentistry isn't only for people with severe dental phobia. A wide range of patients benefit from sedation options:

- ****Dental anxiety or phobia:**** The most common reason — if fear of the dentist has been keeping you from getting care, sedation can break the cycle - ****Previous traumatic dental experiences:**** Negative experiences, especially in childhood, can create lasting anxiety that sedation helps overcome - ****Strong gag reflex:**** Some patients gag easily, making dental work difficult or impossible without sedation - ****Complex or lengthy procedures:**** Even patients without anxiety may prefer sedation for long appointments involving multiple treatments - ****Children:**** Younger children who struggle to sit still, those with dental anxiety, or those needing extensive treatment may benefit from sedation (happy gas is most commonly used for children; IV sedation is available in specific circumstances) - ****Patients with special needs:**** Individuals with physical or intellectual disabilities, autism spectrum disorder, or sensory processing difficulties may find dental treatment overwhelming without sedation support - ****Needle phobia:**** Happy gas and oral sedation allow treatment to begin without injections (local anaesthetic can be administered once you're relaxed and less aware) - ****Sensitive teeth or low pain threshold:**** Sedation raises your comfort threshold and reduces sensitivity during treatment - ****Time-poor patients:**** Sedation allows more treatment to be completed in a single visit, reducing the total number of appointments needed

Safety Protocols

Patient safety is non-negotiable. At Core Dental Caroline Springs, our sedation protocols follow Australian Dental Association guidelines and meet all regulatory requirements.

Our safety measures include:

- ****Pre-treatment health assessment:**** Before any sedation, we conduct a thorough review of your medical history, current medications, allergies, and any previous reactions to anaesthesia or sedation. Certain medical conditions may influence which sedation option is most appropriate for you. - ****Qualified practitioners:**** Our dentists who provide sedation hold the necessary training and credentials. IV sedation may involve an anaesthetist or sedationist depending on the clinical circumstances. - ****Continuous monitoring:**** During sedation (particularly IV sedation), your vital signs — including heart rate, blood pressure, blood oxygen saturation, and respiratory rate — are continuously monitored using clinical-grade equipment. - ****Emergency preparedness:**** Our practice is equipped with emergency drugs and equipment, including oxygen and airway management devices. Our team is trained in medical emergency response. - ****Post-procedure observation:**** After sedation, you'll be monitored in the practice until you're sufficiently recovered to leave safely. We'll provide written

aftercare instructions and a follow-up contact number. - **Escort requirement:** For oral and IV sedation, you must have a responsible adult to drive you home and stay with you until the sedative effects have fully worn off. We take this requirement seriously — your safety extends beyond our practice doors.

What to Expect — Before, During, and After

Before your appointment

- **Consultation first:** We'll always see you for a consultation before scheduling sedation. This allows us to assess your needs, plan your treatment, and choose the right sedation method. - **Medical history review:** Bring a list of your current medications, any supplements, and information about medical conditions. - **Fasting instructions:** For IV sedation, you'll need to fast (specific instructions will be provided). Oral sedation may also require fasting. - **Arrange transport:** For oral and IV sedation, arrange for someone to drive you to and from the appointment. Public transport is not appropriate on sedation day. - **Wear comfortable clothing:** Loose-fitting, comfortable clothes are best. Short sleeves are helpful for IV sedation.

During treatment

- You'll be made comfortable in the dental chair and sedation will be administered - Your dentist will ensure you're adequately relaxed before beginning any treatment - Local anaesthetic is still used to numb the treatment area — sedation manages your anxiety and awareness, while local anaesthetic manages pain at the treatment site - The dental team will monitor you continuously and adjust sedation as needed - Multiple treatments can often be completed in a single session, reducing the total number of visits

After treatment

- **Happy gas:** Effects wear off within minutes. You can drive and return to work or school. - **Oral sedation:** You'll feel drowsy for several hours. Rest at home for the remainder of the day. Don't drive, operate machinery, sign legal documents, or make important decisions until the next day. - **IV sedation:** Similar to oral sedation — rest for the remainder of the day with a responsible adult. You may have limited memory of the procedure. Full recovery is typically by the following morning. - **Follow-up:** We'll call you the next day to check on your recovery. Any prescribed aftercare instructions should be followed carefully.

Cost and Payment

The cost of sleep dentistry varies depending on the type of sedation and the dental treatment performed. During your consultation, we'll provide a clear, itemised quote covering both the sedation and the dental procedures.

Pricing factors:

- **Happy gas** is the most affordable option and is charged as a time-based fee in addition to the dental treatment cost - **Oral sedation** includes the cost of the prescribed medication and any additional clinical time - **IV sedation** is the most expensive option and may include fees for the sedation provider and monitoring equipment

Payment options:

- **Health funds:** We process health fund rebates on the spot via HICAPS. Some health funds provide partial rebates for sedation services — check your policy or ask our team - **Payright payment plans:**

Interest-free payment plans allow you to spread the cost over manageable instalments, which is particularly helpful when combining sedation with extensive treatment - **CDBS for children:** The Child Dental Benefits Schedule covers the dental treatment component for eligible children aged 2 to 17 (sedation fees may not be covered under CDBS — we'll advise you during the consultation) - **Upfront pricing:** No hidden costs. You'll know exactly what to expect before treatment begins

Multilingual Support

Caroline Springs is one of Melbourne's most culturally diverse communities, and our team reflects this diversity. In addition to English, our dentists and staff speak several languages, including:

- **Arabic** - **Bengali** - **Farsi (Persian)**

If English isn't your first language, or if you'd prefer to discuss your anxiety and treatment options in your native language, let us know when booking. Understanding your treatment is especially important when sedation is involved, and we want to ensure you feel fully informed and comfortable at every step.

Take the First Step

If dental anxiety has been keeping you from the dentist, sleep dentistry at Core Dental Caroline Springs could be the solution. Many of our patients tell us that their sedation appointment was the turning point — the visit that helped them overcome years of avoidance and get their dental health back on track.

You don't have to live with dental pain, and you don't have to face dental treatment in fear. Our team is here to support you with compassion, expertise, and the right sedation option for your needs.

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Call us today to book a no-pressure consultation and find out which sedation option is right for you.