**Dental Sedation, Who needs it? What is it? And Who Gives it?**

Dental treatment can be unpleasant. Many people have had a bad dental experience which has stayed with them for many years and their memories make it almost impossible for them to attend a dentist for treatment, while other people are having a once off treatment that they are a bit nervous about, such as the removal of wisdom teeth. Sedation is ideal for these patients or for any one who is just nervous of dentists.

There a three basic forms of sedation. The first is a tablet of a Valium type drug to relax you a little. The second is by breathing in some gas which again will relax you. The third and probably most popular and effective form is Intra Venous Sedation.

With Intra Venous Sedation a drip is placed in the back of your hand/ arm and a drug is given. After about one minute you will feel like you have had some alcohol and you will then drift into a sleepy state. You will always be conscious but so relaxed as to have no worries about anything and when you come around you will have little or no memory of your treatment ( most people remember nothing at all).

Sedation normally takes about one hour to pass and you will need to stay in the clinic for that period of time. Also someone need to cone with you to the clinic and stay with you while you come around and bring you home as you will feel a little light headed for a while and you are not allowed to drive that day.

Sedation can be given by any dentist who has attended a postgraduate course in sedation. Sedation is increasing in popularity as the availability of such courses increases. In most areas of the country there will be at least one dentist providing this service and this is likely to increase over time.

Dr Dermot Murnane is a specialist Oral Surgeon who practises in Shannon Smiles Dental Clinic, 15 Castlemaine St, Athlone every Monday. More information may be found on [wisdomteethx.ie](http://www.wisdomteethx.ie/)