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Seeing Dentist, Anxious? Fear?  
What should I do?  
Do not worry, you are not alone.

<p>Communicate with your dentist before treatment. Knowing what the procedure can reduce your anxiety that arises due to guessing and imagining. The doctor will explain the duration of the treatment, How you going to feel and what can be done to help you to overcome or reduce the fear so that you can received intended treatment.</p>	
<p>Your doctor might give you counseling to reduce your fear. failing which, you might consider seeing a psychologist.</p>	
<p>The doctor might give you medicine to relax, you need to swallow the medicine before you come. It might make you high or drowsy. You need somebody to accompany you going and leaving the dental clinic.</p>	
<p>Alternately, the doctor might give you injection for sedation</p>	
<p>Least invasive, you might try laughing gas sedation:</p>	 
<p>Other Alternatives</p>	<p>You might go to hospital for General Anesthesia, i.e. you will be put to sleep during the treatment</p>
<p>Tips to successful conquering the phobia</p> <ul style="list-style-type: none"> <li>• Support: Bring a long a close relative or friend</li> <li>• Full Attention: You will be treated as patients With Special Needs</li> <li>• No rush: Doctor will provide enough time, do not be late.</li> <li>• Distraction: Bring along your favarite songs or movies</li> <li>• Gentle and care: The doctor will try the utmost to prevent any pain-provoking action. The doctor will gradually introduce the procedure/intruments, you will be warned ahead if any vibration/sound.</li> <li>• Confidence: That you doctor knowledge and skill are capable to make your treatment comfortable</li> <li>• You are in control: You can stop anytime by raising your hand during the treatment. The doctor will frequently communicate with you if you are able to continue.</li> </ul>	

### Nitrous Oxide (Laughing Gas) Relaxation and Sedation

As early as year 1772, a chemist created type of gas  $N_2O$  called "nitrous oxide". After breathing in this kind of gas, human being will laugh subconsciously. Therefore this gas then has a name called "laughing gas". There is a time when a person breath in this laughing gas and run and jump happily until fall down, but he is still laughing without aware that the leg is injured. Therefore, the American doctor gets to know that the laughing gas has slight anesthesia effect and cause the patient to loss the sensation to pain. Besides the laughing gas can also unconsciousness. Therefore at the early time, this gas is used for anesthesia during giving birth. Research shown that mixture of 50% laughing gas and 50% of oxygen will have pain relieving effect and not creating anesthesia effect. When breathing in can provide sufficient oxygen without any disturb towards the blood output from the heart of pregnant and does not reduce blood perfusion rate on the brain, lung, kidney and other important organs, it also maintains the normal level the oxygen pressure, carbon dioxide pressure and pH of the umbilical blood supply, which means it is harmless to both mother and baby. Only minimal person will experience dizziness, sleepy reaction, but only to mild level and relieve after termination of the breathing in of gas, and there will be no severe negative response.

Nowadays, laughing gas is used in dental clinic, with the beneficial of it calming and slight anesthesia effect, to reduce/relieve the patient's psychology pain and also the anxious and fear.

Laughing gas is colorless, sweet in taste type of inorganic gas, reasonable and stable in nature; none irritate to the respiratory airway, and mostly pass though the airway without any biological degeneration or degradation, and minimal amount vaporizes that from skin, without any accumulation effect. Therefore, using laughing gas for anesthesia is a very ideal method. It contains the following advantages:

- Effect is fast: when the laughing gas breathes in to the body, it takes only 30-40 seconds to create anesthesia effect. Effectively reaching a level that comforts you.
- The effect is stable and reliable: 92% of patient feel totally painless, while only 8% of patient feels slight pain, patient is conscious, alert (no under paraesthesia condition), and this prevent the complication of general anesthesia. Therefore this is suitable for patient. Patient describes the condition like flowing in a dream like situation.
- After the surgery, the recovery is quick. The patient can walk after 2-3 minutes. After resting for 10-20 minutes, the patient can go back home. As compare to intravenous general anesthesia, this method help to shorten the time that the patient stays at the clinic.
- Breathe in of the laughing gas also helps in preventing pain during the set up of the intravenous drip. Normal hospital will take the method of intravenous general anesthesia, which contains pain of penetration of the vein vessel, slower recovery time, cause patient to be unconscious and difficult to prevent complication cause by full body anesthesia.
- The patient can also accept the treatment with ease as the gas is not irritating to the airway and smell sweet.
- It is also completely reliable, without any harm toward heart, lung, liver, kidney, etc. Laughing gas can be described as the safest sedative medication in dentistry. It is mild, unharmed and breath out from the body naturally after use. Most individual including pregnant, children, elderly and those with health problem (such as high blood pressure, throat ache and heart attack history patient).
- Due to the effectiveness of its anesthesia effect, therefore patient can cooperate well with doctor and follow well to the instruction of doctor, and this result in decreasing the chance of injury, abnormal bleeding during surgery.
- Completely reliable facility: with the self secured setting on faulty, that the laughing gas concentration should not exceed 70%, and oxygen less than 30%, therefore at anytime the oxygen release by the machine should be more than the 21% concentration of oxygen in air.
- If there is any enquire regarding laughing gas, please discuss with your dental doctor.

It is safe?



$N_2O$  is widely used as foaming agent of the creamer in the food industry, especially on top of coffee. It is used in the maternity wards for pregnant women especially when giving birth-it is even safe for infant although the infants are not the targeted users for the gas. It is use as a recreation in parties or pubs. Long term use may cause dependency.

### What are the risks?

Long term use may cause addiction, muscle weakness, mouth ulcers. Acute overdose may cause unconsciousness.

### Process of Laughing Gas sedation

- i) Express your concern/fear to the doctor.
- ii) The doctor will evaluate your suitability for the sedation, psychologically or physically.
- iii) Screening of medical history. Initial check up including blood pressure, heart ate and blood oxygenation level.
- iv) Arrangement of one doctor doing the treatment, another doctor or certified personnel to administer and monitoring the patient vita signs during treatment. The oxygen saturation of the blood will be maintained at a high level ( $\geq 97\%$ )
- v) A mask will be put over your nose, breath normally. You mouth still can be opened to receive the treatment. Your heart rate and blood pressure will reduce. Your muscles will relax, your mind a little blur but still awake and able to interact with the doctor. Do not push off the mask otherwise you will feel choking. Because of reduced blood pressure, sometime patients will feel a little pulsating of the forehead, especially those with previous high blood pressure.
- vii) The the end of the treatment you will breath in 100% oxygen to clear the  $N_2O$  from your body and lung.
- vi) Recovering is only a few minutes. There is not problem if you would like to drive your car home without accompany person.

### How much is the cost?

Other than the usual charge of normal treatments, the laughing gas cost including:

Initial examination::

- i) Basic examination RM25-40, including the dental checkup, blood pressure, pulse rate, blood oxygenation level.
- ii) Deposit of RM150 is required-this is none refundable but will be offset against the  $N_2O$  cost later.
- iii) If you are curious, you can "taste" and try a testing dose 8g  $N_2O$  at cost of RM50

On the day of sedation:

RM250 per first 15 minutes

RM50 per additional 15 minutes of part of it.

Typical treatment will take 15 minutes to one hour.