



Get All Your
Questions
Answered!

Is Dental Sedation Right For You?

Everything You Want and Need
To Know About **Dental Sedation**

Authored By:
Dr. Angela R. Cameron

DDS, PC, FDOCS, LVIF, FAGD, FPFA

Is Dental Sedation Right For You?

What Happens When You Avoid the Dentist?

•

What is Sedation Dentistry?

•

Which Kinds of Dentistry Can Be
Done While I'm Sedated?

•

Am I a Candidate for Sedation Dentistry?

•

Is Sedation Dangerous?

•

Process and Recovery

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Is Dental Sedation Right For You?

DEDICATION: Meet the Patients	7
INTRODUCTION: Get to Know the Doctor	19
OUR STORY: Our Practice and Team	35
CHAPTER ONE	45
What Happens When You Avoid the Dentist?	
1 > <i>Medical Consequences</i>	47
2 > <i>Cosmetic Consequences</i>	50
CHAPTER TWO	55
What is Sedation Dentistry?	
1 > <i>Nitrous Oxide</i>	56
2 > <i>Oral Conscious Sedation</i>	57
3 > <i>Conscious IV Sedation</i>	58
CHAPTER THREE	61
Which Kinds of Dentistry Can Be Done While I'm Sedated?	
CHAPTER FOUR	65
Am I a Candidate for Sedation Dentistry?	
1 > <i>Medical Concerns</i>	66
2 > <i>Dental Circumstances</i>	67
3 > <i>Financial Obstacles</i>	68

CHAPTER FIVE.....71

Is Sedation Dangerous?

1 > *Advantages and Disadvantages*.....72

2 > *Doctor Training*.....73

3 > *Facility and Safety*.....75

CHAPTER SIX.....77

Process and Recovery

1 > *Preoperative Instructions*.....78

2 > *Postoperative Care*.....80

CHAPTER SEVEN.....83

It's Okay to Be Afraid

ANY MORE QUESTIONS?.....87

Come In and Talk to Us

DEDICATION

**MEET SOME PATIENTS WHO HAVE
ENJOYED THE BENEFITS OF SEDATION
– PATIENT STORIES –**

When it comes to visiting the dentist, patients can fall anywhere on the spectrum of fear.

From people with special needs, to children who are understandably terrified of an experience they don't understand, and most commonly adults who developed a phobia early on, I've treated many patients who suffer from different levels of anxiety at the thought of visiting a dentist.

Here are a couple that come to mind, because there are so many other patients like them:

PATIENT 1 - BILLY

Billy wasn't terrified of going to the Dentist. However, he suffered from something just as powerful (albeit more subtle).

Over time, what Billy developed was a lower-level fear of his Dental visits, because he always experienced discomfort in the "chair."

Because it was difficult for him to "get numb," Dental visits were consistently unpleasant for

him; and so the prospect of a Dental appointment became increasingly unattractive!

As a result of this almost “subconscious” fear, Billy created excuses for himself, in regards to why he “couldn’t” see a dentist: *I’m too busy, I don’t have the money to invest in my smile, I’ll go next month...*

...and after eight years of procrastination, all Billy had to show for it was bad breath, bleeding gums, and deep cavities.

Because he gave Sedation Dentistry a try, everything is now different for Billy.



10 | Is Dental Sedation Right For You?

Thankfully, Sedation Dentistry was able to eliminate Billy's discomfort, which banished his underlying fear, or hesitancy, about booking Dental appointments!

Today, Billy's smile is beautiful, and healthy – and his sense of self-worth is stronger – because he is now able to embrace the Dental care he needs, without flinching.

PATIENT 2 - VALERIE

Valerie was so terrified of the Dentist, that simply thinking about a Dental appointment made her feel sick. There was no concrete “reason” for her fear. The smell and the sounds associated with a Dental office simply made her want to run away, screaming!

After 17 years of flat-out **refusing** any Dental care, Valerie suffered from bleeding gums, bad breath, and tooth problems that were so painful, she had trouble eating properly (which, in turn, was negatively affecting her digestion, her nutrition, and her overall health).

As you can imagine, after suffering from terrible breath, an unattractive smile, and the inability to eat like everyone else, Valerie's quality of life was very low; and her self-esteem was even lower.

She was constantly hiding her damaged smile behind her hand, canceling dinner engagements, and lurking in the corner of the room at every party.

Lucky for Valerie, Sedation Dentistry changed her life.

With Sleep Dentistry, Valerie was able to receive the procedures she required in only two extended sessions; which means that her Dental team was able to give her several treatments while she slept. This eliminated her fear – and even though the Dental work it took to save her smile lasted for hours, the time she spent in the chair only felt like a few minutes, on her end.

Now Valerie has a beautiful smile, which she uses to praise the Sedation Dentistry that “saved” her from fear, pain, ill-health, and loneliness.

PATIENT 3 - DANIEL

Daniel had a traumatizing experience at the Dentist that made him too petrified to ever step foot in a Dental office again!

When he was about 18, the anesthetic wore off halfway through a procedure he was having. Not only was he no longer numb, he suddenly began to feel an agonizing, stabbing sensation in his gums. Daniel put his hands up, and tried to get out of the Dental chair. Instead of stopping the procedure, two assistants held him down while the Dentist finished the excruciating treatment.

12 years passed since Daniel's horrific experience; and by the time he was 30, his problems had multiplied. He had front teeth that were decayed and discolored. He had two wisdom teeth that were impacted, and frequently became infected. He had disgusting breath, and bloody gums. The problems seemed unmanageable!

Thankfully, once Daniel discovered Sedation Dentistry, his world changed.



Knowing that he could face his dental problems without being petrified meant that Daniel could embrace the initial treatments (followed by the routine care) required for much better Dental health.

Additionally, having an attractive smile has helped Daniel in his social life! He can smile more openly, which helps him meet new people, and take more chances.

In fact, Daniel even had the courage to smile for the first time at his “crush” – a sunny woman who

made him his daily cappuccino at the coffee shop before work every morning.

I've heard that they've been dating for a while now; and when he pops "the question," he'll be able to beam a bright, beautiful smile at her, when she says, Yes.

PATIENT 4 - STEPHEN

One day, I had a male patient come in who was about 50 years old. When Stephen arrived, he filled out a small amount of paperwork at reception, and walked into the consultation room.

Stephen walked in, and immediately began to cry.

When I comforted him, he explained that he was crying because he was beyond nervous. His fear and anxiety had kept him from going to the dentist for 20 years, and his teeth were a mess. He was absolutely terrified.

Based on his extremely high level of fear, I devised a plan.

At his next appointment, we brought Stephen directly into the consultation room, and I gave him a sedative pill. This allowed him to relax into a comfortable chair, in a cozy, darkened environment.

Half an hour later, he was mildly sedated, and calm enough to move into the dental operatory. He got in the chair comfortably, without any anxiety.

From there, we were able to put him completely asleep, and fix his teeth over the course of a few hours, without him experiencing any fear or trauma.

After we were finished, Stephen felt great.

He didn't remember the event.

He didn't remember seeing the inside of the dental operatory.

He didn't feel any needles; and we were able to spend two or three hours fixing his teeth.

This is not rare. This is actually quite common for many adults, and I see it all the time; so I can tell you from experience, that there is a solution for every level of fear – even sheer terror.

PATIENT 5 - JESSICA

Jessica is a working woman and a mother. Between her 9 - 5 job and juggling all the after school care and sports for the kids, she finds it difficult to schedule in anything “extra” for herself. For so long she had to keep pushing off her dental work until she could “find the time”.

Jessica not only needed a cleaning and an update of her x-rays, she also desperately wanted and needed a smile makeover. She had several old



fillings from a previous dentist, a chipped tooth and stained teeth from her morning coffees – plural!

Not only did she need to get all this work done, she mentioned that she has a history of having a sensitive gag reflex, so she finds it difficult to sit through a full dental appointment without gagging and having to take breaks. Understandably this would make dental visits very uncomfortable and lengthy for her.

Because it was difficult to ever find times that Jessica could make it to an appointment, we worked with her to condense the same treatment plan down to one or two visits versus the usual seven or eight plus spaced out visits. This made it so much easier for her to book off time from work and also reduced the number of times she'd have to be sitting in the dental chair.

With the help of sedation we were able to make the entire procedure easier for Jessica. She was able to be comfortable and relaxed during the entire visit with no gagging!

18 | **Is Dental Sedation Right For You?**

Now she is sporting a beautiful new smile without the stress of her schedule interfering with her dental health.

INTRODUCTION

GET TO KNOW THE DOCTOR

– A CONVERSATION –

Why did you become a Dentist?

I was in college and I was also wearing traditional braces. I was on the path to going to medical school. Someone very smart told me that I should shadow someone in the top of the profession you think you want to have as a career and see if you would like to have the kind of life that they have. So I spent a lot of time volunteering at hospitals and shadowing female physicians. Many of them were working 80+ hours work weeks and didn't have much of a life outside of work. Many of them seemed very unhappy and stressed out. So I started to rethink this career path. At one of my orthodontic appointments, my orthodontist, Dr. Gibson, encouraged me to look into becoming a dentist. He thought I would really like it. I spent some time shadowing him and several general dentists (including several female dentists who owned private practices). I really liked how the dentists were able to help and take great care of their patients, while at the same time every dentist I met seemed to have a very happy and fulfilling family life.

**"I LOVE TO WORK WITH MY MIND
AND MY HANDS; AND MOST OF
ALL, I LOVE HELPING PEOPLE.
DENTISTRY COMBINES ALL OF
THESE THINGS.**

**I HAVE THE MIND OF A
SCIENTIST, THE EYE OF AN
ARTIST, AND THE HEART OF
A SERVANT. THAT IS WHY
DENTISTRY WAS AND STILL IS THE
PERFECT FIT FOR ME."**

– Dr. Cameron

Do you have family, a partner or kids? What do you all like to do together?

I am married to Dr. Jason Cunningham. We recently celebrated our 19th wedding anniversary. We have two beautiful children, Andrew (who is 16 years old) and Alexis (who is 12 years old).

We enjoy spending time together as a family. The kids are busy with soccer, track, basketball, and ballet. There is always something going on. However, with our busy schedules, we take time to have family game night once per week and also family movie night once a month.

What do you like to do personally outside of the practice (i.e. hobbies, sports, etc.)

Outside of the office I love to spend time with my family, cook, read, go walking, and go to the Spa to relax. I collect Swarovski Crystal Figurines. I am also an active member of Central Baptist Church, and a support several charities.



Dr. Angela R. Cameron and her family. Dr. Angela R. Cameron, Dr. Jason Cunningham, their son Andrew and their daughter Alexis.

Where did you go to school? Are you continuing your education, or taking any courses?

I graduated from Furman University with a B.S. degree in Biochemistry and I also graduated from Furman University with a M.S. degree in Bio-physical Chemistry. I graduated with a Doctor of Dental Surgery Degree (DDS) from the University of Tennessee College of Dentistry located in Memphis, TN. I am committed to life-long learning and I take an average of 100-200 Continuing Education hours per year. I have done this for the past 20 years. It has been my privilege to study with and learn from the best of the best in post doctoral dental education. (The average dentist does 20 hours per year).

I am in the top 1% of all dentists for advanced continuing education training.

I have four postdoctoral Fellowship Awards: FDOCS, LVIF, FAGD, and FPFA

***Do you belong to any dental associations?
What accreditations do you have related to
Dental Implants, Cosmetic Dentistry or
Sedation?***

- I am a proud member of the ADA, TDA, FDDS, AACD, AGD, AAFE, AADSM, IAPA, DOCS, PFA, TNAGD, and TNAACD
- I am currently President Elect for the First District Dental Society
- I am a State Delegate for the Tennessee Dental Association
- I have been named one of America's Top Dentists 17+ years in a row. I have also been named one of America's Best Dentists 16+ years in a row.
- The Richard L. Sullivan Award for Excellence in Dental Research (2000)
- AACD President's Honor Roll (2006).
- I am a Fellow with the Dental Organization for Conscious Sedation and have been a Gold Member for 15+ Years.

- I have been awarded the “Talk of Town” Award for Excellence in Customer Service 12 years in a row.
- Named Top 40 under 40 by the Business Journal of the Tri-Cities in 2006 (The only medical/dental professional recognized that year.)
- Top Dentist in Johnson City Awarded for 7 Consecutive Years by Best in the USA.
- 2019 VIPSEEN Power Woman of the Year
- 2021 Tri-Cities Living Magazine Power Woman
- I have appeared on a local TV show as a featured dental expert from 2003-2020 called “The Tri-Cities Elite Ladies Show”
- I have appeared on national television as a dental expert on “The Wellness Hour” (CBS) and on “Moving America Forward” (featuring William Shatner as host).
- Named one the Top Professionals by Continental Who’s Who.
- Named Top Dentist in Johnson City by the International Association of Dentists.



*DOCS Fellowship
Award 2008*



Dr. Bill Dorfman!!

Top Left: My husband, Dr. Jason Cunningham, and me when I received my Pierre Fauchard Fellowship Award (2019)

Top Right: Me receiving my DOCS Fellowship Award in 2008, pictured with Dr. Fang, Dr. Feck, and Dr. Silverman. Dr. Silverman is the founder of the DOCS organization.

Bottom: Dr. Dorfman and I at an AACD meeting. We were both being recognized as dentists who appear on TV shows. Him for working on Extreme Makeover, and me for my work with the Tri-Cities Elite Ladies Show.

Why did you start doing Implant and Cosmetic procedures and why do you enjoy it so much?

I LOVE the transformative process. I LOVE helping people get from where they are to where they want to be, and have the smile of their dreams, while they are made to feel comfortable/relaxed.

It is amazing to see the changes not just in people's smiles, but their energy, enthusiasm, and zest for life when they get their smile back. My favorite part of the day is when a patient sees their new smile and start crying tears of joy because they are so happy. OR when you take someone who is having daily debilitating pain, and you help get them feeling better and keep them feeling better without medication. It is a blessing to be able to serve in this way.

It is amazing to see someone who is deathly afraid of the dentist, who is scared to make a phone call to make an appointment, to see how comfortable they can be with sedation. They can have such a pleasant experience that with time, they no longer need to

be sedated for treatment. It is as if their fear melts away and is no longer an issue.

Many years ago, when I was still in dental school, I had the privilege of meeting and being mentored by a dentist who had a thriving Cosmetic Dental Practice in Nashville, TN. (Unfortunately, he passed away several years ago.) His clients were a list of Who's Who in Country Music (at the time) including Randy Travis, Loretta Lynn, and Dolly Parton (to name a few). He treated regular people too. He showed me what is possible with using a combination of cosmetic, sedation, and implant dentistry. When he showed before and after photos of the complex cases he completed, I was amazed. I knew that was the type of dentistry that I wanted to do for the rest of my life. He encouraged me to get involved in the AACD, and as a student, I began taking advanced level training that normally was reserved for veteran dental professionals. I was able to complete this advanced training in cosmetics and implants on top of all of my other dental school requirements. This connection and mentoring helped me move forward faster in being able to provide advanced care for my patients.

Why do you think people are sometimes so hesitant to go through with a big case restorative or cosmetic procedure?

Many patients are hesitant to go through with treatment because they are afraid and fearful of pain. That is why sedation dentistry is so wonderful. You basically feel as if you have slept through the procedure and most patients remember very little from the procedure itself. You wake up feeling refreshed. Many patients state that it is the best sleep they have had in a long while.

Other concerns that make patients hesitant are: Cost of treatment, lack of insurance coverage, time off work, trust, and they are concerned will they like the final results.

Whether you have dental insurance or not, our office works tirelessly to make treatment as affordable as possible with multiple payment options. If you have insurance, we do our best to maximize our patients' insurance coverage. However, the reality is that with large cosmetic, implant, and sedation cases, there will be things

NOT covered by the insurance. We are used to working with patients so that they can still afford the treatment they need, want, and deserve.

Sedation is also great for patients concerned about having to take time off work because we are able to get more treatment done in fewer visits.

We also go above and beyond to make certain that our patients will be pleased with the final results of treatment. We make diagnostic photos, study models, wax-ups, custom temporary restorations... The list goes on and on. We will not place any final porcelain or implant restorations in a person's mouth unless they are 100% pleased with them.

I have owned my private dental practice for almost 20 years and I have strong roots in the community. My plan is to stay in private practice dentistry focusing on excellent patient care until I retire many years from now. When patients come to me they can trust that they can depend on me being here for them long term.

For many patients it is simply a matter of timing or lack of urgency. What I have found is that there is a price to pay for postponing treatment and waiting for the “perfect time”. These issues do not magically fix themselves, and with time they get worse and more complex to treat. It is much better to plan things around your schedule, than to wait until the issue has progressed to be an emergency situation where you are scrambling to get things done quickly. With time, things will only become more expensive to treat the longer treatment is postponed.

Do you feel like there is something different about you and your practice that makes you stand out from other Dentists in your area?

We have a top notch beautiful facility. We have the latest in advanced technologies to better serve our patients. We also have a long list of amenities we use to pamper our patients and make them feel comfortable/relaxed during their dental visits.

Our team is well trained, experienced, and caring.

I have advanced training and more awards than just about anyone. One of the highest compliments we receive is that many other dentists in our region and from other states refer their patients to our office for complex cosmetic, implant, and sedation procedures. They trust the care of their patients to us.

I am also the founder and President of ***The Cameron Institute***. This is an online Institute for Advanced Post Doctoral Dental Education for Professionals. The motto of The Cameron Institute is *“Learning that Leads to Action.”*

How many other female dentists do you know who have their own Educational Institute?



www.TheCameronInstitute.com

OUR STORY

OUR PRACTICE AND TEAM



In 2002, Dr. Angela R. Cameron took over a well established private practice in Johnson City, TN and transformed it into Sophisticated Smiles. In 2012, she also took over the TMJ Treatment Clinic and relocated it inside her Sophisticated Smiles office.

Dr. Cameron chose to practice in East Tennessee in order to be close to her family. She is married to Dr. Jason Cunningham, who has a dental practice in Erwin, TN (Cunningham Dental and a private practice in Johnson City, TN called A+ Extractions and Dentures). They have two beautiful children, Andrew and Alexis. In her spare time, Dr. Cameron likes to read, spend time with her family, and is active in church and charity organizations.

Dr. Cameron is a Fellow in the Dental Organization for Conscious Sedation (FDOCS), a General Member of the American Academy of Cosmetic Dentistry, and a member of the Academy of General Dentistry, the American Dental

Association, and the American Academy of Dental Sleep Medicine.

Dr. Cameron is truly something special. She has walls full of awards, but is still very humble when asked about all that she has achieved. She has been named one of America's Top Dentists by the Consumers Research Council of America, every year since 2003. She is a Fellow of the Dental Organization for Conscious Sedation. She is a Sustaining Member of the AACD and a member



Dr. Cameron would love to speak to you about your dental concerns and answer any questions you may have.

of the ADA, AGD, and AADSM. Dr. Cameron takes over 100-200 hours of continuing education every year (the average dentist takes about 20 hours of CE per year).

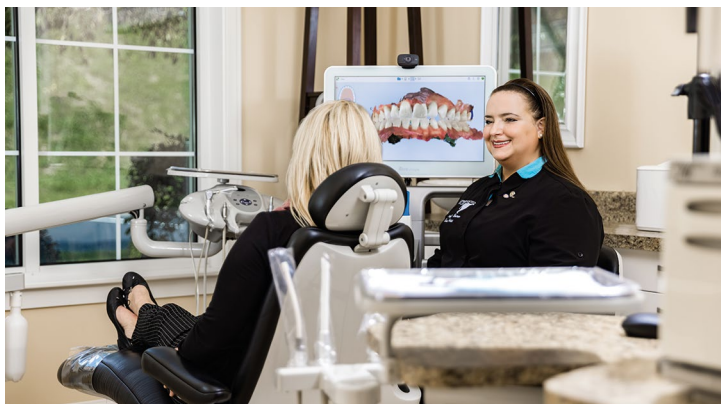
She is constantly looking for ways to deliver the best and most modern care possible for her patients. She has advanced training in providing metal-free restorations, treatment of TMJ/TMD, sedation dentistry, and of course advanced cosmetic training. Above all Dr. Cameron truly cares about each individual that she treats. She loves what she does and it shows.

"OUR MOTTO IS 'WE IMPROVE LIVES, AND WE DO IT WITH A SMILE!' I FEEL PRIVILEGED TO BE ABLE TO GO TO WORK AND DO WHAT I LOVE WHILE ALSO HELPING OTHERS." – Dr. Cameron



For the 11th consecutive year, Sophisticated Smiles has been awarded for “Excellence in Patient Satisfaction” as rated online. Dr. Cameron has also been named one of America’s Top Dentists by the Consumers Research Council of America, every year since 2003.





Dr. Cameron is constantly looking for ways to deliver the best and most modern care possible for her patients.

Our Facilities

Our dental office is a five star facility. From the chandeliers in the bathrooms, to the relaxing massage room in the reception area, to the special kids play area, to our one of a kind “art gallery”; we have done our best to think of any luxuries that could make our patients experience as pleasurable as possible.

We have the most modern dental equipment in our treatment rooms. Our sterilization center is state-of-the-art.

Our rooms are supplied with water from a closed circuit purification system. The water is ultra-purified and is higher quality than even the water used for kidney dialysis.



*You're always welcome to come in for
an office tour of our practice!*

Our Team

We have a team of highly committed individuals who want nothing more than to provide the best for their patients. Each team member is committed to continued growth and education. Our team members take three times the amount of continuing education than the average dental team. We have morning huddles to go over any special needs that our patients may have to make the day go as smoothly as possible.

Once a month we have a four hour training session to go over updates on how to deliver the best service possible for our patients. Our team has a “get it done and then some attitude.” This means that they want to make each and every visit special for our patients. They look for ways to go above and beyond on a daily basis.

Specialists

In order to serve you best, I have assembled a team of local oral surgeons that have over 30 years of experience and have placed thousands

of implants over that time. What you'll learn in this book is that the "implant" is what goes below your gum line, and anything above the gum line is considered the "restoration". I have "restored" hundreds of implants in my career as a dentist. The smile really transforms in the restoration phase and that's what I really love.

CHAPTER ONE

WHAT HAPPENS WHEN YOU AVOID THE DENTIST?

1

...

Medical Consequences

2

...

Cosmetic Consequences

When people avoid seeing the dentist because of fear, **it is not because they are reluctant to take care of themselves...** it's usually because they are *afraid* of visiting a dental office.

I just want to let you know up front, that I understand. When I was a child, I had a fear of going to the dentist. Sedation dentistry helped me to overcome this fear, and that is why I am especially mindful of keeping our patients as comfortable as possible.

**I UNDERSTAND THAT YOUR
FEAR IS KEEPING YOU AWAY –
AND I CAN'T SAY THIS ENOUGH:
IT'S OKAY TO BE AFRAID.**

And while I understand fear, and while I believe that every level of fear is valid, it is my responsibility to let you know that the longer you

avoid dental care, the more painful (and more expensive) the solutions to your dental problems will become.

As a dentist, I have to highlight the serious consequences of ignoring your dental health.

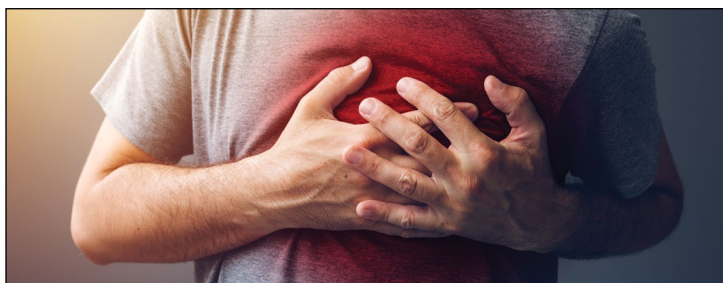
1. MEDICAL CONSEQUENCES

Strokes, Heart Attacks (and more)

Many people think that linking strokes and heart attacks to poor dental health is just an “old wives’ tale.”

I assure you, it is not.

Studies have proven that people suffering from severe gum disease (*which can be caught and avoided*



early on by a dentist) are TWICE as likely to suffer from cardiovascular disease: strokes, heart attacks, arrhythmia, heart failure... and more.

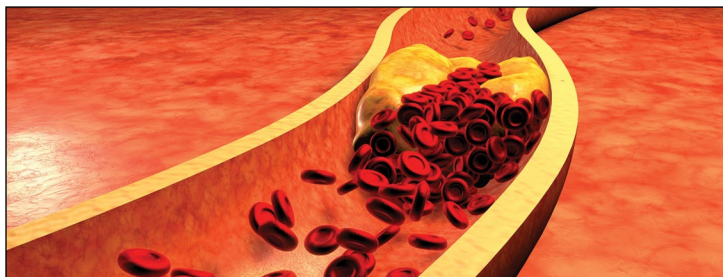
Here's how it works:

Poor dental hygiene (as a result of poor personal, and professional, dental care) can result in bacteria growing under your gums.

These bacteria can get into your blood, and travel from your mouth into your body, where they build up on the inner walls of your blood vessels.

The bacteria that sticks to itself and builds up to get larger (and larger) in mass, is also called “plaque.”

If this “plaque” falls off the inner wall(s) of your blood vessels, chunks of it can travel through your



bloodstream, until they enter a smaller blood vessel – in other words, a chunk of plaque can enter a tube in your body that is too narrow for its size.

When a large chunk of plaque enters a “tube,” that is too small, it will get stuck, and BLOCK the “tube” (blood vessel). This can deprive your heart or brain (and other important organs) of oxygen; which leads to cardiovascular problems like strokes and heart attacks.

Other conditions that have been attributed to gum disease include:

- Low birth weight babies
- Respiratory disease
- Osteoporosis
- And even cancer

I’m telling you this, because although worrisome, it’s good to know.

Yes – I *do* understand the fear of going to the dentist.

But there should also be fear in NOT going to the dentist; because working with someone to find

a solution to your fear of visiting a dental office can keep you alive, longer.

2. COSMETIC CONSEQUENCES

The Importance of Your Smile

It's not just a "thing" that people say... in fact, you've probably noticed yourself, that having a great smile really does make life easier.



*Who is more likely to get a promotion at work?
Who would you rather date? Who do you think is smarter?*

It's been proven that a whole, stunning smile can make a positive difference for you, every day and in virtually every situation.

Here are some interesting cosmetic-oriented stats for you to “chew on” from a professional survey:

- 88% of people remember someone with a beautiful smile: nice, big smiles get better service, better treatment and more respect
- 94% of those surveyed said that the very first thing they notice about someone is their smile (not their eyes, body or clothes)
- 84% say an attractive smile is the key element to getting a date
- Over 1/3 of those surveyed said they would be unlikely to set up a friend with someone who has crooked teeth
- 75% believe your smile either helps – or hurts – your career... influencing the level of your success

This means that:

- The “better” your smile is, the more likely it is that you’ll be noticed or sought out
- Your smile directly influences how attractive you are to people on every level – family included!
- The more compelling your smile is, the more likely it is for you to get noticed and promoted

When your smile is well-maintained, you can enjoy a winner’s edge in love, in your life and in your career. *Everyone will look at you differently.*

Others perceive your teeth as a direct reflection on how you feel about yourself, how you take care of yourself and how you handle yourself.

So if you think that fixing your teeth only satisfies your vanity, you’re wrong.

Having good teeth improves your health, your self-esteem, and the quality of your life, on every level.

PLEASE NOTE: I’m not listing the medical and cosmetic consequences of ignoring your dental care in order to scare you even more.

In fact, I'm sure you're probably aware of the consequences that come with neglecting your dental health.

Avoiding the dentist, living with pain in your mouth, increasing your risk of illness, or hiding your smile behind your hand because of cosmetic issues every day, can be really stressful – and the outcome is never positive.

But what if I told you that it's possible to remove your fear, and your stress?

There *is* a solution.

It is possible remove the barriers that are stopping you from getting the dental care you need.

Remember: *It's okay to be afraid.*

The solution to the challenge of fear, is to calm your anxiety and make you comfortable so that you can fix that small cavity before a root canal becomes necessary, for example... and so on.

CHAPTER TWO

WHAT IS SEDATION DENTISTRY?

1

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Nitrous Oxide

2

...

Oral Conscious Sedation

3

...

Conscious IV Sedation

Sedation dentistry can provide a solution for every type of anxious patient.

From the nervous patient, to the patient who is absolutely terrified, sedation dentistry can remove the barriers of fear for every person – and the method of sedation depends on:

1. Where the patient is on the “Spectrum of Fear”
2. The complexity of the dental procedure

There are a variety of ways to relieve anxiety, discomfort and pain before, during and after a visit to the dentist.

Here are some of the sedation options that you can explore and discuss with your sedation dentist:

1. NITROUS OXIDE

Also known as laughing gas, nitrous oxide is on the World Health Organization’s List of Essential Medicines, and is known as one of the most effective and safe medicines. It’s also called “laughing gas” – because it causes you to

disassociate from your surroundings, and has a euphoric effect (which can make some people get the giggles).

It's used in dental surgery for its anesthetic and pain-reducing effects, and goes a long way to help relieve anxiety.

2. ORAL CONSCIOUS SEDATION

Medication is available in the form of pills to help patients with anxiety, fear of needles (which are used to administer a local anesthetic), or fear of the procedure itself.

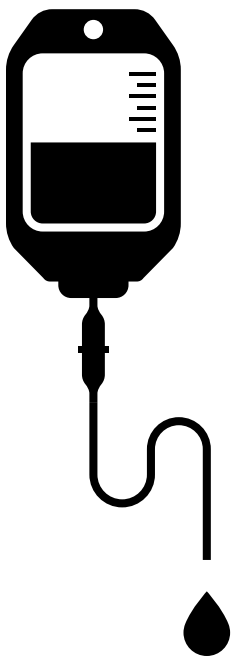
Triazolam, for example, has strong anti-anxiety qualities to accelerate relaxation. It belongs to a class of drugs called sedative hypnotics and it's perfectly safe. 20 minutes after it's administered, the mind and body start to slow down, and the patient becomes drowsy.

In many cases, after taking Triazolam, most patients have no recollection of their dental surgeries (even though they were "conscious"

during the procedure).

In some instances additional medications are used in combination or instead of the Triazolam to insure maximum patient comfort and safety. Sedation protocols and medication dosages are customized for each patient.

3. CONSCIOUS IV SEDATION



Moderate sedation is a type of sedation administered through an IV. Moderate sedation is really useful for helping patients with anxiety, fear of needles (which are used to administer a local anesthetic), or fear of the procedure itself.

With moderate sedation, patients don't even remember the needle used to distribute the local anesthetic to the surgery site in their mouths,

because the sedation takes effect before the needle for the local anesthetic is administered.

Also described as being in a state of “twilight,” moderate sedation renders you “half asleep,” so to speak. In other words, you are “under the surface” – your eyes are closed, you’re completely relaxed, and you won’t remember a thing after the procedure – but you can respond to stimuli; for example, if someone shook you, you would “wake up.”

While you may be oblivious to what’s going on, you can still answer questions, respond to the dentist’s instructions (which can make the surgery go more smoothly), and maintain your reflexes.

CHAPTER THREE

**WHICH KINDS OF DENTISTRY CAN
BE DONE WHILE I'M SEDATED?**

It's **very simple:** Anything that can be done while you're awake can be done while you're fully relaxed or feel as if you're asleep.

Root canals, fillings, wisdom teeth, extractions, deep cleanings, cosmetic procedures, dental implants, etc. – pretty much every kind of dentistry can be performed while you're sedated.

As I've mentioned earlier, you can even ask your Dentist about "Extended Treatment Sessions." These can allow you to get **multiple procedures while you sleep** – which can make a lengthy appointment feel like it's lasted for just a couple of minutes:

- **Root Canals**

You don't have to worry about the pain, or the sight of a needle!

- **Cavities, Inlays & Onlays**

Get multiple filled at once, without ever remembering hearing a drill.

- **Wisdom Teeth & Extractions**

They'll be gone by the time you wake up.

- **Porcelain Veneers, Crowns, Bridges, and Implants**

No need to hear or see the Dental tools; you'll simply open your eyes to see a beautiful new smile in the mirror!

- **Deep Cleaning**

Is your anxiety triggered by the smell and sounds of a simple Dental Cleaning? Combine this with some other procedures, and get it all “over with” in an Extended Treatment Session while you sleep.

If you require one or more of the above procedures in order to save/improve your oral health (or even for cosmetic reasons), there are many methods of sedation available to you; in fact, you can even get a combination of these procedures completed in a single, extended visit while you snooze the time away, completely unaware.

That being said, sedation is not a great idea when treatment is repeated frequently long-term – for example, I don't recommend sedation for people who come in to get their braces tightened every

month. Nor is it recommended for routine dental hygiene exams. Nitrous oxide would be a better alternative to help relax during these types of visits.

It wouldn't be healthy, or beneficial, for patients to be sedated or "knocked out" each time they come in (every few weeks or so) for this kind of maintenance – especially if the treatment will be carried out like this over the course of what could be a couple of years.

CHAPTER FOUR

AM I A CANDIDATE FOR SEDATION DENTISTRY?

1

...

Medical Concerns

2

...

Dental Circumstances

3

...

Financial Obstacles

As I mentioned in the last chapter, usually any dentistry that can be done while you're awake can also be done while you're fully relaxed and sleeping.

However, there are some medical, dental and financial issues that may affect your candidacy for sedation.

1. MEDICAL CONCERNS

While the majority of patients can be sedated for almost every dental procedure, it's possible for complex medical concerns to get in the way.

When there are complex medical issues related to a patient's health, we often ask for a consultation with the patient's medical doctor *prior* to moving ahead with any procedure.

For example, if a patient has recently had a heart attack, and needs their wisdom teeth taken out, then we must speak with the patient's medical doctor(s) *first*, to make sure that sedation dentistry is safe for them.

In occasional cases like these, referral to a hospital may be necessary so that the patient can be monitored overnight to ensure their safety.

However, the majority of smaller medical issues are manageable in our office. It is very important prior to any sedation appointment to provide a complete and accurate list of ALL medications you are currently taking, especially if you are on any type of blood thinners (including aspirin and ibuprofen). If you have a history of diabetes, pacemaker, any allergies, special dietary issues, or issues previously being sedated, it is important to let your dental team prior to the sedation visit.

2. DENTAL CIRCUMSTANCES

There aren't many dental concerns that get in the way of sedation dentistry.

However, as I mentioned in the previous chapter, there are some things that can't be done under sedation. For example, patients with braces cannot be sedated every time they come in to get their braces tightened, month after month.

And so, while there aren't many *dental* circumstances that affect a patient's candidacy for sedation, it isn't appropriate for the small, routine procedures that are necessary over lengthy periods of time.

3. FINANCIAL OBSTACLES

I tell all of my patients the same thing: "Sedation Dentistry will cost you the same amount another dentist would charge – the only difference is the cost of the sedation."

If you need 10 fillings, and your dentist will charge you "x" amount, I will charge you the same price – and then simply add the anesthesia fee.

This fee can vary; for example, a little bit of anesthetic over a short period of time costs less than 4 hours of anesthetic.

Cost basically depends on:

1. What kind of sedation is used
2. How long the patient needs to be under sedation

Why do we charge for anesthetic services?

This is a fair question. That's why I like to be completely transparent about the cost of sedation – which is not merely a “pill,” or a simple IV drip.

Our state requires a periodic facility inspection and facility permitting to provide sedation dentistry to our patients. Our office also has specialized equipment, team training, and medicines – which, when combined, provide a service that costs money to deliver.

If you're concerned with finances, we can help you develop a plan:

- We can help you get reimbursement from your insurance company if available for the treatment rendered. Please be aware that the majority of dental insurance companies will not pay anything towards the cost of adult sedation anesthetic fee or the nitrous oxide fee, even if they cover part or all of the other dental procedures completed.
- We can help you develop a cost estimate prior to the procedure, so that you can plan a savings budget.

- We can break down treatment over a period of time (for example, three appointments over nine months) to make the cost more manageable for you.

If finances have become an obstacle standing in the way of you getting the dental care you need and deserve, we are here to help. Our office is proud to offer no interest financing for up to 18 months through a company called Care Credit, OR longer pay over time options (with interest) for up to 60 months. Many of our patients find these “smile today, and pay later” options the BEST solution for making treatment fit within their budgets.

CHAPTER FIVE

IS SEDATION DANGEROUS?

1

...

Advantages and Disadvantages

2

...

Doctor Training

3

...

Facility and Safety

1. ADVANTAGES AND DISADVANTAGES

After being sedated, your recovery time is a direct reflection of how long you were sedated, and which method of sedation was used.

For example, the advantage of Conscious Sedation anesthetic, Nitrous oxide, (a.k.a. laughing gas) is that it is simpler to administer – so the cost is lower – and the effects aren't as strong, which means the recovery time is swift.

In fact, if you've just been sedated with laughing gas for a procedure, you can drive home after your treatment.

On the other hand, with Moderate Sedation, you are sedated for a longer period of time. The process isn't as simple – and the anesthesia is stronger. This means that these methods are more expensive, and recovery time is longer.

However, the advantage of Moderate or Deep Sedation is that you won't be aware of your surroundings. You won't see, hear, feel or remember a thing about your procedure.

With any form of sedation, it is VERY important to follow the simple post treatment instructions provided to you by the dentist and dental team members.

2. DOCTOR TRAINING

When it comes to Sedation Dentistry, there are different levels of training for dentists in North America.

Dr. Cameron has been certified as a Sedation Dentist since 2005 and has been a prestigious Gold Member and Fellow of the Dental Organization for Conscious Sedation (DOCS) since 2008.

For the purpose of this book, we can loosely categorize these into four levels of training:

1. Some dentists are only trained to administer laughing gas
2. Others are trained to administer oral sedation, in the form of a pill
3. Some dentists are trained to use an IV for Moderate Sedation

4. And finally, there are dentists who have been trained to “knock you out” completely using General Anesthesia, so that you’re asleep for your procedure. This type of Deep Sedation is usually required by law to be completed in a hospital setting and is not permitted for in office procedures.

If you’re actively searching for a Sedation Dentist, it’s recommended that you research your potential dentist’s training, and what they’re certified for and “allowed” to do.

For example, if you want to be unconscious for your dental procedure, then a dentist who has only been trained to administer laughing gas won’t be qualified to put you into a state where you won’t remember a thing about your treatment.

However, some dentists will hire an anesthesiologist, or specialist, to come in and put their patients to sleep while they perform the dental work. Usually these kinds of sedation specialists can deliver any kind of sedation – so you can also ask your potential dentist if they have a visiting specialist (and about the specialist’s level of training).

3. FACILITY AND SAFETY

Dental offices that offer sedation (*especially moderate sedation*) have to be set up with specialized equipment and a full range of emergency supplies as well.

The way a facility is set up is very important for safety.

Sedation Dentistry isn't simply sedating a patient. It's about keeping patients safe while they're under the influence of sedation.

For example, facilities that offer full Deep Sedation or General Anesthesia have to be set up in a certified hospital setting or surgical centers in most states, with all the equipment that a hospital surgical center would have for this type of procedure.

Thankfully, governing bodies of each state usually inspect facilities yearly, to ensure that each office is following the right safety codes.

CHAPTER SIX

PROCESS AND RECOVERY

1

...

Preoperative Instructions

2

...

Postoperative Care

1. PREOPERATIVE INSTRUCTIONS

After you have:

1. Had your consultation
2. Had your dental and medical requirements mapped out
3. Been approved for sedation
4. Had your treatment plan presented to you...

...What's next?

If you're going in for laughing gas, your preoperative instructions will depend on your dentist, and will probably be very minimal.

However, if you're going to be sedated with either oral sedation (taking a pill), or an IV (Moderate or Deep Sedation), you will receive some important preoperative instructions.

For example, patients are usually told not to eat or drink before surgery (for eight hours).

If patients (especially children) have not eaten in 8 hours, then it's best to begin the procedure at an early hour, so that they aren't starving all day.

It's also a requirement to plan to have someone there to drive you to the dental office if you are using anything stronger than laughing gas alone. It is a great idea to have your driver stay with you throughout the process (if possible) to support you. It is not necessary for the driver to stay the entire time, but it is necessary that they be there at the end of the procedure to review post operative instructions and to drive you home.

If you're interested in sedation dentistry, there's a good chance that you'll be nervous. Having someone there will make you more comfortable, and help you prepare for treatment.

I also recommend that my patients arrive in loose, comfortable clothing that makes them relaxed, and happy. In other words, prepare for the day as if you're having a "lazy day" at home.

****Tip: Some of my patients even wear pajamas***

2. POSTOPERATIVE CARE

Depending on the type of sedation, you will need someone to drive you home – *and stay with you after you get home.*

For example, if you have been moderately to deeply sedated (“knocked out”) for a few hours, you won’t just need a ride home. You will also need someone to take care of you *after your procedure*, because you’ll be “out of it” for a while.

Many people ask me, “Do I have to take time off work?”

The answer is yes.



However, in most cases, you can go to work the next day, because the anesthetic wears off by then.

On other, occasional cases, you'll be prescribed some medication or antibiotics; and sometimes there are "special" instructions, regarding a special mouthwash you may have to use, or brushing your teeth a certain way for a while after your procedure.

CHAPTER SEVEN

IT'S OKAY TO BE AFRAID

You know better than anyone the consequences that come with “putting off” the Dentist.

Everything from bad breath, to a smile that makes you feel ashamed, can cause your self-esteem to plummet.

Plus, it’s extremely stressful to experience a constant, nagging awareness in the back of your mind, knowing that your oral health is deteriorating more and more – day after day – while you procrastinate.

Aside from how you feel mentally, the physical effects of avoiding the Dentist can be astronomical:

- living with pain and discomfort
- increasing your risk of illness as plaque, and other harmful bacteria enter your system
- having a small cavity turn into an issue that can only be solved with a root canal...

...are never positive outcomes. However, they are **inevitable** when you ignore your Oral Care.

Wouldn't it be lovely to live your life free of pain, while you enjoy the peace of mind you'll receive when you know you've taken care of your Dental situation **in a way that makes YOU comfortable?**

I'm here to tell you that it's possible to get Dental work done on YOUR terms.

You CAN live in peace, with a beautiful, healthy smile.

You CAN embrace what it takes to get there.

And please, don't be ashamed that you have been avoiding the Dentist. **It's OKAY to be afraid!**

Remember, you aren't alone. There are hundreds of thousands of people out there, just like you, who avoid the Dentist for many understandable reasons.

I'm really proud of you for reading this book, and I commend you for taking this first step towards removing the barriers that have been stopping you from getting the Dental Care you need.

As you now know, there are a number of ways to work around your unique experience of fear, anxiety and stress, in order to achieve and maintain the

healthy smile you deserve. This CAN happen for you; and all you have to do now is make a phone call, to start the conversation.

ANY MORE QUESTIONS?

COME IN AND TALK TO US

If You Have Any More Questions:

*I encourage you to book a complimentary
consultation in our non-threatening,
“comfortable” environment.*

I hope that this book has answered your questions or concerns about Sedation Dentistry.

As I mentioned in the introduction, it's okay to be scared – *but everyone needs dental care.*

My mission is to do two things:

1. Make it possible to provide every type of person with the dental care they need
2. Make the experience for each and every patient as painless, and fearless, as possible

If this book brings you (*or someone you love*) one step closer to getting the oral care that everyone deserves, then I'm thrilled.

If you have any more questions, I encourage you to book a complimentary consultation in our non-threatening, “comfortable” environment.

I'll sit down with you, ease your fears, and address all of your concerns in person.

To book your complimentary initial consultation, call our office at 423-928-8359 today.

**THERE'S NO BENEFIT IN
WAITING – AND I'LL MAKE
SURE THAT YOU'RE AS
COMFORTABLE AS POSSIBLE.**

Our Contact Information

Phone or Text: 423-928-8359

*Website: **SophisticatedSmiles.com***





/sophisticatedsmiles4U



/angelarcameron



/sophisticatedsmiles

Follow Us On Social Media:   

HERE ARE SOME FIVE STAR REVIEWS FROM PATIENTS OF DR. ANGELA R. CAMERON:

“I’ve been seeing Dr Cameron for 12 years.
She did my veneers and has helped me keep a
severe case of periodontal disease in check. She is
wonderful. The hygienists and the front office are
also great.

The main thing to know about Dr Cameron’s
office. Imagine getting a spa like experience at the
dentist. You’re still visiting a dentist but they make
you comfortable with massage chairs and neck
wraps. They are awesome.”

— Brandon H.



“Dr. Cameron and her staff are amazing! The professionalism and friendliness from this office is outstanding! I have never been to a more thorough office. They did a great job at explaining the dental work I was having done. I had crowns on my front teeth and they look great! I can’t stop smiling! This was a dream come true for me! I’ve always had small teeth and I’ve needed this done for awhile now. After visiting Dr. Cameron’s office the first time, I trusted her to do the work. She is very good at what she does. I’m very grateful I came across this office. They took good care of me! The time of this review my crowns are only temps so I can’t imagine what the permanents will look like. I’m excited to find out! Thank you again for my beautiful smile and everything you ALL did! You guys are the best!!”

— Amanda B.



“Wonderful experience! I absolutely recommend Dr. Cameron for any dental needs! She is very caring, extremely competent in her field and made my restorative work very manageable!”

— Esther P.



“I really love Sophisticated Smiles and I have been going here as long as I can remember! All of the staff are very friendly and you can even see the smiles behind their masks. Dr. Cameron has such a sweet and caring personality! She always makes me feel comfortable during any appointment or procedure! :)”

— Gretchen H.



“Dr Cameron and her team are great...always kind, professional and welcoming...My smile makeover was life-changing and I am thankful for Dr Cameron and her talent.”

— Keith B.



“Dr. Cameron has been taking care of my teeth for 6 years now. I did Invisalign with her and love the results. Everyone in the office is always super friendly. They do little things to take care of their patients like give ornaments around Christmas and offer neck wraps and chair massagers while you get your teeth cleaned.”

— Katy B.



“I was excited about my appointment. Yes for a dental appointment. Not only did my visit meet my expectations but excelled over and beyond them. Yes I cried with joy!! I can recommend Dr. Cameron and staff to meet yours too!!!”

— Jennifer S.



“Dr. Cameron has provided excellent care to my husband, William, and me. Her staff provides excellent care. Her dental hygienist, Cindy, is the best hygienist I have ever had. She is very careful and thorough. Christina is an excellent dental technician. I recently had some cosmetic dentistry done. Dr. Cameron and Christina made my experience a very good one. I am very happy with the results.”

— Lee K.



“I absolutely love the team at Sophisticated Smiles!!! I have been going here since 2015 and it’s like no other dental experience you will ever have! Dr Cameron is fabulous and knows her stuff! She does not miss a detail!! Cindy my hygienist is the BEST I have ever had! She makes my cleanings enjoyable! I also appreciate how clean and nice their Dental office is! Feels more like the SPA! You must check them out”

— Kelly R.



“Dr. Cameron is amazing. I have been going to her for 10+ years and honestly trust no one else with my oral care. PS...their massage chairs are THE BOMB!!!”

— Regan J.



“Truly a five star service. Dr. Cameron and Caroline Edwards were fantastic and professional in placement of the permanent crowns, They told me what to expect and how each step should be performed. I had an excellent visit and will definitely suggest to everyone that Sophisticated Smiles should be their family’s go-to for all dentistry needs.”

— Phillip M.



“Dr. Cameron and her staff are always very kind, and eager to help with any questions or concerns. They remember little details, like needing an extra rinse after polishing, and always make sure I’m comfortable during my cleanings!”

— Sara D.



“Sophisticated Smiles personnel from checking in
at the front desk throughout the process

Made me feel comfortable and secure that
they are highly capable to preform any and every
procedure I have had over the past three years
AND for my son who had A COMPLETE
MAKE OVER BOTTOM AND TOP TEETH
AND WHO HAS SOME PHYSICAL
DISABILITES WAS TREATED WITH ALL
RESPECT I FULLY TRUST THEM FOR
DENTAL WORK

KIND, CARING, and The Best at what they do

Dr Cameron and her staff get 5 star rating from
me and my son”

— Marie B.



“I can’t begin to find the words of how professional and how caring they are. The staff brings you in like family and makes absolutely sure your comfortable and well taken care of. I was nervous when I got there and Amy was so caring and friendly. She definently calmed my nerves and made me feel so welcomed. I would highly recommend anybody and everybody that needs a dentist to please come try. I promise you will not be let down.”

— Tina S.



“Everyone at Sophisticated Smiles always takes great care of me and leaves my teeth feeling better than when I came in. I trust them and highly recommend them to anyone needing dental care.”

— Mike D.



“I have gone to Dr. Cameron since I was pregnant with my first child 12 years ago. The only reason I went to see her that day was because of a dental problem that left me no choice. Otherwise I stayed far away from dentists. But now, I not only enjoy going to the dentist office, I secretly look forward to it. Dr. Cameron and her staff have taken great care of me over the years. I’ve taken many naps in the dental chair because I find it more relaxing than being at work or home. I wouldn’t hesitate to give Dr. Cameron and her staff my highest recommendations (and I don’t just give those away to everyone!)”

— Jeanne L.



“This is a wonderful place to go from start to finish. Things as simple as calling and making a appointment to getting in is easy thoughtful and painless. They take the time to know you as well as your goals for dental health and looks. They

walk you threw everything, and explain it so you are comfortable with what needs to be done or is about to happen. The hands on work is the same way. Basically painless they work with you to make it the easiest and most relaxed visit you can have at the dentist office. After one visit I made a appointment for my daughter. So not only do I trust them with myself but my kids.”

— Robert H.



“The staff always greets me by name as soon as I walk in. The environment of the office is always pleasant and soothing. My treatment plan is always explained to me step by step which is definitely helpful to avoid any anxiety about being at the dentist. My favorite is the hot neck wrap with the massage chair.”

— Heather D.



Is Dental Sedation Right For You?

If you, or someone you know, is nervous about the dentist please accept this book as a gift. It will answer the questions you have, and help you make an informed decision about whether or not ***Dental Sedation Is Right For You.***

There are so many possible reasons to be afraid to go to the Dentist. Whether or not these fears are "logical" to others, doesn't matter. All fear is valid. But everyone needs dental treatment; and it's okay to be scared.

Over almost twenty years, I've seen and treated thousands of anxious patients at my office. I love to help remove the barriers that stand in their way, so that they can finally get the dental treatment they need.

If you'd like more information, we are pleased to offer a ***Complimentary Consultation.*** Call us to schedule your time today.

***"[...] now, I not only
enjoy going to the dentist
office, I secretly look
forward to it."***

— Jeanne L.

Google Review, May 2021



**Authored By:
Dr. Angela R. Cameron**

DDS, PC, FDOCS, LVIF, FAGD, FPFA

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