



Something To Smile About

by *Dennis Lichorwic, D.M.D.* • President & Founder • Destin Center for Cosmetic Dentistry

Relaxation Dentistry

Are you putting off going to the dentist because you are terrified of pain, needles, the smell of the office or you had a horrible experience with a dentist in the past? You don't have to be afraid of going to the dentist anymore!

For many Americans, going to the dentist is a frightful event, even though dentistry has changed so much in the past years. A visit to the dentist can now be relaxing and fun. Unfortunately, this is not enough for the approximately 145 million people who avoid the dentist due to fear and anxiety.

If this sounds like you, then perhaps Relaxation Dentistry is for you!

Relaxation Dentistry takes the fear and anxiety out of going to the dentist. By using oral medications, in conjunction with nitrous oxide, many people can be relaxed and comfortable receiving the care that would normally make them very anxious, fearful or overwhelmed. Furthermore, years of neglect can be wiped away in very few appointments.

While the goal of Relaxation Dentistry is not to put someone to sleep, the effect often makes someone so comfortable that they do often snooze during the procedure. Can you imagine taking a nap while receiving dental treatment?! Another great side effect of these types of medications is that they often have an amnesic effect that makes the time seem like it is flying by and often you do not remember much of the procedure at all.

Relaxation Dentistry is safe. It does not require the use of intravenous (IV) drugs and does not cause you to lose control of your cough reflex. The medications used in Relaxation Dentistry have been time-tested and are among the Valium family of drugs, which have been proven to be very safe. Plus your vital signs are monitored while you receive your treatment.

The following is one patient's story: "Like many other people I grew up not going to the dentist. When I did go, it seemed to be the worst experience



imaginable. For 20 years, I didn't go to the dentist. I ended up with a mouth full of cavities and swollen raw gums. Eating, talking and, of course, smiling were difficult. The worse my teeth got, the softer the food I would eat. My speech was altered by broken and missing teeth. Smiling was just out of the question. I had pain every day that never went away. My confidence in myself was gone. My pain, embarrassment, and discouragement affected me both at home and at work. One day I decided that enough was enough. I found help on an informative website about sedation dentistry. Relaxation Dentistry is just like it sounds—take a snooze while the dentist works on your teeth. I sent an e-mail to the dentist and asked if they could help me. I got a reply the next day and he offered me a tour of their facility. I took them up on it. Let me tell you, everyone was so nice



and understanding. The atmosphere was very comfortable.

“Well, I decided to go for it. The dentist explained about Relaxation Dentistry. I went in for x-rays and an evaluation of my teeth. I was nervous so they gave me something to calm me down. My next appointment was the big one. I was going to have a lot of work done. We were going to do all of it in one eight-hour day. Yeah, me in a dentist chair for eight hours. Who would believe that? Not me. Well, let me tell you. I went to the appointment, I sat there for eight hours and the best part, I don’t remember a thing. I had teeth filled, pulled and crowned. If you were to ask how it was, I can’t tell you. I don’t remember. I had to go back for a deep cleaning and I went with the Relaxation Dentistry again. I don’t remember that appointment either. Relaxation Dentistry is just wonderful.

“Now, I can smile and laugh. I have my confidence back and life is just so much better. So, I must say thank you for introducing me to Relaxation Dentistry and for making me feel at home in your dental office. Life is good, now. B.B.”

So who can benefit from Relaxation Dentistry? Anyone who has put off dental treatment due to fear or anxiety. Anyone who has put off treatment and now the thought of how many appointments it will take is overwhelming to them. Anyone who is embarrassed as to the state of their teeth and gums and would like to do something about it.

Relaxation Dentistry will give you something to SMILE about!☺

According to DOCS (Dental Organization for Conscious Sedation), fear keeps nearly one third of Americans away from the dentist.

Photos in this article are of actual patients of Dr. Lichorwic.



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