

Sleep Dentistry - Smile Solutions

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Sleep Dentistry - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 our services Sleep Dentistry Lay your dental fears to rest What is sleep dentistry? Sleep dentistry enables dentally anxious patients to undergo dental treatment while in the deepest state of relaxation. Some of us can be very apprehensive about visiting the dentist. Dental phobia is extremely common, but with sleep dentistry it no longer needs to be a barrier to healthy teeth and gums. The sleep dentistry technique is ideal for patients with a strong dental phobia who need prolonged procedures such as treatment of multiple teeth in different locations within the mouth. Dr Maliha Siddiqui (DEN0001785009) Registered Dentist, General Registration What is the procedure for sleep dentistry? Sleep dentistry involves the administration of a general anaesthesia to place patients in a deep sleep-like state. This allows for completion of dental treatment without the patient feeling anxious or concerned during the procedure. General anaesthesia is provided by a board-registered Specialist Anaesthetist who is responsible for providing the appropriate medications and monitoring during the procedure, in addition to bringing the patient back to a wakeful state at the end of treatment. General anaesthesia involves close monitoring of vital signs and protection of the airway by the Specialist Anaesthetist and registered nurse, meaning that patients receive optimal care throughout the procedure. Prof. Chankhrit Sathorn (DEN0001025734) Registered Dentist, Specialist, Specialist Registration in Endodontics Multiple Specialists, One Anaesthetic At Smile Solutions, sleep dentistry is not limited to one practitioner performing all treatment. Our multidisciplinary model allows multiple board-registered specialists to treat you in sequence under a single anaesthetic. By way of example, a patient requiring complex treatment across multiple areas may have the following completed in a single session: – A specialist endodontist performs root canal treatments on teeth being retained – A specialist periodontist places dental implants, carries out any necessary bone grafting, and performs deep scaling and cleaning of teeth being retained – An oral and maxillofacial surgeon removes any teeth that need to be extracted – A specialist prosthodontist or general dentist carries out fillings, CEREC restorations, and crown preparations The patient wakes up with all procedures completed – each one performed by the specialist most qualified to deliver it. This is only possible at a practice with 20+ board-registered specialists across the six main dental disciplines under one roof. Who might benefit from sleep dentistry? Patients that have difficulty keeping their mouth open for long periods, limited mouth opening or jaw problems Patients with high anxiety about dental treatment or fear of needles in the mouth Patients with past traumatic dental experiences Patients requiring complex treatment across different areas of the mouth or involving multiple procedures and clinicians Patients with difficulty achieving complete numbness or a severe/strong gag reflex Patients who may be sensitive to the sounds or smells of dental treatment What are the

advantages of sleep dentistry? 1 Time efficiency Sleep dentistry allows for completion of multiple different treatments within the same session providing several benefits such as less visits to the dentist and time required in the chair, fewer numbing injections and maximised comfort during treatment. 2 Safety Our patients will be under the constant care and supervision of a Specialist Anaesthetist, registered nurse, senior dentist, and highly-trained dental nurse. Patient safety is at the forefront of all general anaesthesia cases. 3 Comfort Treatment under general anaesthesia reduces if not completely eliminates the stress and discomfort associated with long and complex dental procedures. Sedation Options at Smile Solutions Nitrous oxide (happy gas) Balduz Digital Nitrous Cabinets with real-time digital monitoring. Mild sedation for routine procedures. Oral sedation Prescription medication taken before your appointment to reduce anxiety. IV sedation (twilight sedation) Administered by a specialist anaesthetist. You drift in and out of consciousness with no memory of the procedure. General anaesthetic in clinic Full GA with specialist anaesthetist and monitoring equipment General anaesthetic in a private hospital For the most complex cases, or for patients with medical conditions requiring a hospital setting, procedure can be performed in a private hospital. Only board-registered specialists and dual-qualified medical surgeons are authorised to operate in hospitals – general dentists cannot. If you have private health insurance with hospital cover, Medicare rebates may apply. Why Sleep Dentistry Is Personal to Us Dr Kia Pajouhesh, the founder of Smile Solutions, understands dental fear at a deeply personal level. At age 11, a dentist performed a root canal on him with no anaesthetic while the assistant held him down. That experience left him with a lifelong dental phobia – and it is the reason Smile Solutions was built to prioritise patient comfort above all else. “To this day, paediatric dentistry holds a very special place in my heart. If I hear a child crying at the very other end of my practice, I will get up from my chair and I will go over to see if I can somehow help.” – Dr Kia Pajouhesh Sleep dentistry at Smile Solutions Our dedicated general anaesthesia team consists of a Specialist Anaesthetist, a registered nurse, an experienced dentist or specialist and a senior dental assistant. All have considerable experience in caring for patients with dental phobia, ensuring dental treatment is carried out efficiently and safely. You can sit back and relax in our beautiful, state of the art practice. Our sleek architectural designed practice boasts ample natural light, scented candles and relaxing background music, as well as a dedicated recovery room fitted with comfortable furniture and calm lighting. Frequently Asked Questions I'm scared of needles – can you make injections hurt less? For patients who fear needles, Smile Solutions uses computer-controlled anaesthetic delivery systems that significantly minimise the discomfort of injections: DentaPen – cordless, computer-controlled delivery STA Wand – the gold standard for needle-phobic patients These devices deliver anaesthetic at a controlled rate and pressure, significantly reducing the sensation associated with traditional syringes. Will I feel anything during the procedure? No. Under general anaesthesia or IV sedation, you will not feel or remember anything. Under nitrous oxide, you will feel deeply relaxed but remain conscious. Your specialist anaesthetist will explain what to expect based on the sedation option chosen for your case. How long does it take to wake up? Most patients are awake within minutes of the procedure ending. You will spend time in our dedicated recovery room, monitored by a registered nurse, until you are fully alert and comfortable. Recovery from IV sedation or general anaesthesia typically takes 30-60 minutes before you are ready to leave. Can I drive home after sleep dentistry? No. After IV sedation or general anaesthesia, you must not drive for 24 hours. You will need a responsible adult to accompany you home. We recommend arranging transport before your appointment. Do I need to fast before the appointment? Yes. For IV sedation and general anaesthesia, you will be asked to fast (no food or drink) for a minimum of 6 hours before your appointment. Your treatment coordinator will provide specific instructions when booking your session. Is sleep dentistry safe? Yes. All sedation and general anaesthesia at Smile Solutions is administered by a board-registered specialist anaesthetist with full monitoring equipment. Patient safety is the highest priority. Our anaesthetists are the same specialists who work in private hospitals. How much does sleep dentistry cost? The cost of sleep dentistry depends on the type of sedation, the duration of the session, and the procedures being performed. We offer complimentary consultations to discuss your needs and provide a personalised quote. Please fill out the enquiry form below or call 13 13 96. Can children have sleep dentistry? Smile Solutions' specialist paediatric dentists provide sleep dentistry for children who cannot tolerate dental treatment while awake – including very young children, children with special needs, or those requiring extensive

treatment. Options include teddy bear therapy, laughing gas (nitrous oxide), and hospital-based general anaesthesia managed by a specialist anaesthetist. What if I only need a filling – can I still have sedation? Absolutely. Sedation is available for any dental procedure, no matter how minor. If dental anxiety is preventing you from getting the care you need, even a simple check-up can be performed under nitrous oxide or oral sedation. There is no procedure too small to warrant comfort. For pricing information about sleep dentistry and sedation options, please complete the enquiry form below or call us on 13 13 96. We offer complimentary consultations to discuss your individual needs and provide a personalised quote. Book your appointment today Book Now Contact Us Contact Us " * " indicates required fields Full Name * Phone Number Email Address * Enquiry Type * General & Cosmetic Dentistry Orthodontics & Invisalign® Specialist Care Do you have private health insurance with dental cover? Yes No Your Message * Send Message Send Message > Δ Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now Notifications