

Feeling relaxed during dental treatment

If dental treatment makes you nervous, please tell us. Whether you need a filling, a crown, an extraction or dental implants, we can talk through what worries you and plan an approach that suits your health, treatment and preferences.

Helping you feel more in control

We can explain each step, agree a stop signal and take breaks. Tell us if needles, sounds, discomfort or a previous experience are worrying you. For some people, these changes are enough; others benefit from additional anxiety support or sedation.

Pain relief and anxiety relief are different.

Local anaesthetic numbs the treatment area. Diazepam and sedation help you feel calmer, but do not replace local anaesthetic when numbing is needed.

The options at a glance

Option	How you feel and what it does	Awareness
Local anaesthetic	Fully awake, with the treatment area numb. Prevents pain in that area; it is not sedation.	 <p>Awake</p> <p>Fully unconscious</p>
Diazepam premedication	Awake; calmer and possibly drowsy. A prescribed tablet may help milder anxiety.	
Inhalation sedation	Awake and relaxed. Gas through a nosepiece helps reduce anxiety.	
IV conscious sedation	Awake but relaxed and drowsy. Helps you tolerate treatment; you may remember little.	
General anaesthetic	Fully asleep in hospital.	

We offer sedation at The Treatment Centre. We do not provide general anaesthetic at the practice; this requires hospital referral and assessment.

Choosing together

The choice depends on your anxiety, medical history, medicines and the treatment planned. Sedation can help with routine dentistry as well as extractions and dental implant treatment. Where suitable, we prefer local anaesthetic or sedation because general anaesthetic carries additional risks.

Questions? Call 01872 241955 or email info@thetreatmentcentre.co.uk.

Read more about sedation on our website.

Understanding your options

Local anaesthetic

Local anaesthetic numbs the tooth and surrounding gum while you remain awake. You may feel pressure or movement, but should not feel sharp pain. We check the area before starting. Signal for a pause if you feel discomfort so we can check your comfort and give more anaesthetic if needed.

Diazepam premedication

Your dentist may prescribe a tablet to help with milder dental anxiety. This is called premedication. You remain awake, but may feel calmer or drowsy. Its effect varies and cannot be adjusted as readily as IV sedation. It does not guarantee sleep or that you will forget the appointment.

Take your prescribed dose two hours before the procedure. Check with us if your label differs; do not take extra tablets. Arrange an adult to bring you, take you home and stay with you for 24 hours after your last dose. **Do not drive for at least 24 hours**, and longer if still affected.

Inhalation sedation

You breathe nitrous oxide and oxygen ("happy air") through a small nosepiece. You stay awake but feel more relaxed. Local anaesthetic is usually still needed. Our sedation team monitors you, gives oxygen afterwards and checks you have recovered before you leave. Effects usually wear off within minutes; light-headedness or nausea can occur. We will tell you if you need an escort. **Do not drive for at least two hours afterwards**, or longer if advised or still affected.

IV conscious sedation

Sedative medicine, usually midazolam, is given through a small cannula in a vein in your hand or arm. You feel relaxed and drowsy but remain conscious and able to respond. You may remember little of the visit, although this varies. Local anaesthetic is also used when needed.

Our sedation team adjusts the medicine and monitors you throughout. Possible effects include bruising, nausea and excessive drowsiness; breathing can be affected. **You need an adult to take you home and stay for 24 hours. Do not drive for at least 24 hours**, and longer if still affected.

General anaesthetic

You are fully asleep during treatment. **This is provided in hospital, not at The Treatment Centre**, following referral and assessment.

Most extractions can be carried out with local anaesthetic, with sedation if needed. General anaesthetic is reserved for selected cases after assessment. It involves more preparation and recovery, and carries additional risks. The hospital team will explain these and tell you how to prepare and what support you need afterwards.

Before your appointment

Tell us about your health and medicines. Please tell us if you are pregnant, think you may be pregnant or are breastfeeding, so we can plan your care safely. Follow your eating, drinking and recovery instructions. Do not change prescribed medicines without advice.

For 24 hours after diazepam or IV sedation, do not drink alcohol, operate machinery, make important decisions or care for dependants.