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dental care

A warm and friendly dental practice, offering the highest quality treatment, the latest techniques, matched with preventative measures, all of which make you smile

nervous of
dental
care



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I am nervous of dental care, can you help me?

At 3one one we have found that often people are apprehensive of dental care because they have never had treatment explained to them and past treatment may have instilled some fear. Most of our patients can be helped with a gentle caring approach. Some patients have a genuine phobia of dental care and for those patients we offer sedation in tablet form or intravenously.

We are always happy to meet on an informal basis to discuss your concerns prior to seeing you.

Almost all patients show some signs of concern when visiting the dentist

What is intravenous sedation?

Intravenous sedation uses medicines, which help you to relax and accept dental care. You remain awake and in communication with the dentist but will not remember the procedure afterwards. You will need to be accompanied home and will feel sleepy for the rest of the day. We have found that those patients who start off requesting intravenous sedation often need less with subsequent visits. Many patients end up feeling much more confident with dental treatment and eventually have treatment without sedation.

Can everyone have sedation?

Intravenous sedation is very safe and the latest techniques and monitoring equipment are used. We only carry out sedation on adults. Some medical conditions may mean that sedation is more difficult or not possible and occasionally we are assisted by a consulting anaesthetist, who carries out the sedation for our patients. There are no adverse long term effects of sedation.

7 out of 10 visits to the dentist are for routine checkups only

My friend is too nervous to see a dentist can you help?

You should try and encourage your friend to call 3oneone and speak to a dentist. We are always happy to speak to people and explain how we may help them. It is often only empathy and a caring approach that is required to help people overcome their initial apprehension.

97.4% of patients at 3one one dental care keep their appointment...

How can I find out more?

There is some useful information on the British Dental Health Foundation website www.dentalhealth.org or you can give us a call at 3oneone.