

Understanding Sedation in Dentistry: A Solution for Nervous and Phobic Dental Patients



Dr. Laura
Hunter Shaw

Dental anxiety is incredibly common. Whether it's a bad past experience, a fear of

needles, or just feeling out of control — you are not alone. These common issues prevent patients from seeking the treatment they need. At The Maltings Dental Practice, Laura Hunter-Shaw offers sedation services designed to help anxious and phobic patients receive care in a comfortable, stress-free environment in order to improve their oral health and overall well-being.

What is Dental Sedation?

Dental sedation is a technique used to help patients relax during dental procedures. It is particularly beneficial for those who experience significant anxiety, have a strong gag reflex, or require extensive treatment. Sedation does not mean you are asleep, but induces a state of deep relaxation and calmness, allowing treatment to be carried out efficiently and comfortably.

Types of sedation available

Dr. Laura Hunter-Shaw is highly trained in administering both inhalation and intravenous (IV) sedation, ensuring patients receive the most suitable option for their needs:

Inhalation sedation (Nitrous Oxide/Laughing Gas):

This involves breathing in a mixture of gases through a nose bubble providing a mild sedative effect. The effects wear off quickly, meaning patients can usually resume their normal activities soon after treatment.

Intravenous (IV) sedation: This method involves administering a sedative drug, typically

midazolam, directly into the bloodstream through a small cannula in the arm or hand. IV sedation provides a deeper level of relaxation, and while patients remain conscious, they often have little to no memory of the procedure. This makes it ideal for individuals with severe dental phobia or those undergoing complex or lengthy treatments.

A Caring and Professional Approach

Laura says: "My passion is helping nervous and dental phobic patients feel at ease and regain confidence in their dental care. I take the time to listen, to understand your concerns and to create a plan that works for you. Whether that's gentle reassurance, a calm approach, going at your own pace, or by using sedation to help you fully relax, I'm here to make your experience as stress-free as possible.

"I pride myself in my relaxed and down-to-earth nature which allows me to build a rapport quickly and establish a positive atmosphere within the surgery. I enjoy creating lasting relationships, built on trust and honesty, to help patients achieve their dental goals."

If you or someone you know struggles with dental anxiety, sedation dentistry at The Maltings Dental Practice could be the perfect solution. Contact us today to learn more and take the first step toward stress-free dental care with Dr. Laura Hunter-Shaw.

**THE BENEFITS OF
SEDATION DENTISTRY**
Choosing sedation dentistry with Laura comes with numerous advantages:

- Reduced anxiety
- Pain-free experience
- Faster treatment times
- Improved oral health
- Safe and effective



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“ Laura is a bright, bubbly lady who puts me at ease, she explained everything she was doing. I would recommend her to anyone especially with anxiety or a fear of the dentist. ”