

COULD SEDATION DENTISTRY HELP YOU?

By Mike Martin

Dental phobia is the sixth most common fear in the world. And yet, putting off dental care and avoiding checkups takes a huge detrimental toll on our personal appearance and puts our health at risk.

So what do we do when fewer than 50% of the population makes scheduled visits to the dentist because they're scared? The answer has been hiding in plain view all these years. Sedation dentistry provides people with stress-free dental care, making a huge impact on the dental health of those too fearful to seek the care they need. Dr. Kimberly Nguyen and Dr. Johanna Paco are trained to provide dental care without the stress. Their practice, Cottage Dental, is at the cutting edge of sedation dentistry and is one of the few dental offices in Orange County proficient in the process.

"Most of our patients have put off dental treatment for years due to fear, or they are often embarrassed by their smile," Dr. Nguyen shares.

The most common reasons for avoiding visits to the dentist? "For some it's fear of the needles," says Dr. Nguyen.



Dr. Paco and Dr. Nguyen with staff.

"For others, the drill, the noise, the smell, or the gagging that bothers them. So our job is to determine the level of sedation that is most effective for our patients to have the dentistry that they deserve comfortably. It may range from simple

'laughing gas' to oral sedatives to IV sedation with a board-certified anesthesiologist."

The team at Cottage Dental is well aware that there are many potential patients out there who have either put off dental care or avoided it all together. These dental-fearing people motivate Cottage Dental to work tirelessly towards moving themselves onto a new frontier in dental technology and procedures that allow even the most apprehensive patients access to the care their smiles deserve.

Dr. Kimberly Nguyen tells us how their "patients will come out of a procedure thinking they've been in the office for about 10 minutes, while they've actually been in treatment for hours." Work that may have entailed multiple visits and countless hours can now be finished in less than a day. Sedation dentistry not only reduces procedure time, but healing time is decreased as well. In addition to the hours saved, patients often have little to no memory of their time in the dental chair. Valuable time not sitting in a dental office can

now be spent with friends and family!

The process for patients is simple: After a careful review of medical and dental history, as well as the desired treatment outcome, a course of treatment is recommended. Driven to



the appointment by a companion, the patient will most likely be at the office for a few hours. When the treatment is completed and the patient is ready to go home, they're driven home by

their friend, who acts as a sort of designated driver.

Cottage Dental is full of photo albums and testimonials from happy, healthy patients from all walks of life. When everything is said and done, it's the patients' quality of life that Cottage Dental's team values most.

Cottage Dental has been

in Fullerton since 1993, and both Dr. Nguyen and Dr. Paco have been practicing since 1991. With two locations in Fullerton and a team of friendly, highly trained staff, Cottage Dental is an acclaimed care center for most things teeth related. If you want to smile with confidence and comfort, give Cottage Dental a call for a free consultation. Your happy, healthy smile will thank you for it.

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COTTAGE DENTAL
 (714) 446-9075
 1217 E. Chapman Ave.
 Fullerton, CA 92831
www.cottagedental.com