Don't Fear The Dentist

Sedation therapy relaxes anxious patient during smile makeover

BY ROY CUMMINGS
Volusia Health Care News

Since retiring from her job as a judicial assistant 15 years ago, Diane Wiles has been cruising through life. Literally. She heads out on a cruise at least twice each year, and her destination is often the same.

"The Caribbean," she says excitedly. "St. Martin, St. Thomas and the Cayman Islands are probably my favorite places to go. It's just so pretty there, and the color of the water, well, I can't even explain it. It's just so beautiful. I love it there.

"The other thing I like about going on a cruise is that after a meal, you can just get up and walk away. There are no dishes to clean like there are at home, and there's no bill to pay like you have to do when you go to a restaurant. I really like that."

A few years ago, Diane's cruise through retirement was disrupted by an oral health issue, a chipped front tooth that forced her to fast-track her plan to find a new dentist who could take care of another pressing problem.

"The other issue was an impacted wisdom tooth that started poking through my gums a little bit," Diane says. "It wasn't really bothering me, but I knew I had to take care of it, so I was planning to look for a dentist anyway. Then this chipped tooth kind of forced the issue."

Based on the recommendation she received from several of her friends, Diane's first call for help for the chipped tooth went to DeLand Implant Dentistry, the practice of Jayraj Patel, DMD, FAGD, FAAID, DABOI. Diane was thrilled with the response.

"They took me in that same day, and Dr. Patel did a bang-up job," she says. "By the time I walked out of there that afternoon, you couldn't tell that I'd chipped my tooth at all. After that, I came back for a more thorough exam."

That exam proved to be quite revealing. During his probe, Dr. Patel found several cavities that needed to be filled as well as some significant signs of wear on all the teeth in Diane's smile line. He also learned that Diane suffered from a serious *gag reflex*.

"Her gag reflex was so great that I could not put a mirror in her mouth past a few teeth," Dr. Patel reports. "That was going to make it hard to work on her, but I resolved that problem by offering her *conscious intravenous sedation*."



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Thanks to Dr. Patel's use of moderate sedation, Diane no longer fears visiting the dentist, and she's happy to say she has a bright, new smile to prove it.

A Relaxed State

Also known as *moderate sedation*, conscious intravenous sedation temporarily places the patient in a relaxed state in which they can follow directions without pain or anxiety while breathing normally.

Dr. Patel used that tool throughout his treatment of Diane, who was also harboring a longstanding fear of dentists and chose DeLand Implant Dentistry largely because Dr. Patel offers sedation for those who request or require it.

"I knew that if there was anything that needed to be done beyond the usual cleaning, I would need something to get me through it," Diane confirms. "So when I saw that Dr. Patel offered the sedation, I called him right away, and I'm fortunate that they took me in right away."

Dr. Patel's care began with the repair of the chipped tooth and a comprehensive cleaning. That was followed by a longer session in which Dr. Patel removed the upper left wisdom tooth that Diane was concerned with and filled the eight cavities he discovered.

"As with Diane, our office can do quite a bit of work during one long period of sedation," Dr. Patel notes. "That prevents the patient from having to make frequent trips to the office, and it's more economical because every time we sedate a patient, there's a charge for it."

To address the wear and tear he found on Diane's teeth, Dr. Patel recommended a smile makeover in which he would place crowns on the teeth in Diane's smile line, which are the teeth that are visible when a person smiles.

Diane agreed, and Dr. Patel began by creating a 3D model of the proposed restorations so that Diane could see what her smile would look like following the makeover. He then performed a whitening treatment so the color of the existing teeth would match the crowns.

The smile makeover was completed in four sessions. During the first, Dr. Patel prepared the six upper teeth in Diane's smile line for crowns and fit them with temporary crowns. During the next session, he replaced the temporary crowns with permanent crowns.

With Diane under sedation for all but the placement of the permanent crowns, Dr. Patel repeated the process for the six teeth in her lower arch, and today, Diane is flashing a stronger and more appealing smile that she is thrilled to show off.

"I am very happy with the result," she enthuses. "My new smile looks a lot like my old smile, only cleaner. And Dr. Patel did a great job of taking care of my wisdom tooth. That could not have gone any better, really, and it healed up nicely."

Fear Not

The transformation of her smile was not the only change that Diane experienced while sitting in Dr. Patel's dental chair. Though it was aided in great part by the use of sedation, Diane's fear of dentists was altered as well.

"I no longer have the fear of dental appointments I once had, and I have Dr. Patel and his staff to thank for that," Diane enthuses. "Dr. Patel was so good with me, I told him, *I know I'm being a problem child here*."

"But he was like, *No, no, no. We'll get through this, one step at a time. You're doing great*. It was like I had my own little cheering section rooting me on through every visit, so I can't say enough about how great his bedside manner is. And now, I go to see him for everything. "

Diane is also a big fan of Dr. Patel's staff.

"His office staff is just as good as he is, so kind and professional," she says. "His hygienist, I don't think I've ever had such a gentle hygienist or a more thorough cleaning of my teeth than what I received from her.

"They're all very good at their job, and I would absolutely recommend them all. I've already tried to get my sister and my mother to go there. They haven't wandered over there yet, but I'm working on them." ■

Meet the DOCTOR

Jayraj Patel, DMD, FAGD, FAAID, DABOI/ID



earned his dental degree from the University of Florida College of Dentistry. His goal is to deliver comprehensive and compassionate care to patients in a caring, comfortable and professional environment.

He takes time to understand each patient's unique needs and tailors a customized treatment plan to achieve each patient's desired result and aims to build long-term relationships with patients based on trust, respect and friendship. He utilizes the latest technologies and treatment modalities to achieve the best possible treatment outcomes for his patients in a stress-free environment. He is constantly pursuing advanced training through continuing education courses and has extensive training in implant, sedation, cosmetic, facial aesthetics, TMD/TMJ pain management and laser dentistry. He is certified to perform IV sedation in the dental office. He is a diplomate of the American Board of Oral Implantology/ Implant Dentistry, a fellow of the American Academy of Implant Dentistry and Academy of General Dentistry.

To Learn MORE

Call Today

Dr. Jayraj Patel is known for his exceptional, caring attitude toward his patients and work. He is committed to delivering the most advanced, personalized dental care while offering patients a uniquely satisfying experience. Along with the staff of DeLand Implant Dentistry, he welcomes new patients and any questions concerning the services they offer. For an appointment, call or visit the office.

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