

Sleep Dentistry: Benefitting from Total Wellness Dental Care with Bakersfield's Top-Quality Dentist, Dr. Thomas Frank

Visiting your dentist at least twice per year is crucial to maintaining your dental health. During appointments, you'll have your teeth and gums checked, as well as cleaned.

We know that it isn't always easy to make it to the dentist, especially now during COVID-19. However, we are still here to help with your health and wellness needs! [Learn more](#) about how our office is handling COVID-19 and how we can assist you.

Bakersfield dentist [Dr. Thomas Frank](#) is committed to giving you the best experience possible: exceptional care, a full range of services, and the ability to change *your* world with a bright, confident smile.

That's why we offer excellent and integrated dental care to promote total body wellness. In fact, we are so determined to giving you the tools you need for a healthy mouth that we've been nominated in the Best of Bakersfield Readers' Choice Poll for 11 years running!

So today, we're going to discuss a dental option that promotes relaxation, comfort, and support - all while you still receive great care: sleep dentistry.

What is Sleep Dentistry?

Sleep dentistry is also known as sedation dentistry. Despite the name, you'll still be awake during your procedure (but as relaxed as if you were on vacation)!

Oral health plays a huge role in how you feel. So if the eyes are the windows to the soul, your mouth is the window to your body. On one hand, it aids with nutrition and self-confidence; on the other, your oral health tells Dr. Frank if there are any other issues going on in your body.

That's right - by looking at your gums alone, Dr. Frank can see whether you might have [periodontal disease](#), an autoimmune condition, or even just a high stress level.

But even if you have a prior condition, or it's just been a little while since your last appointment, there's no need to fret! Bakersfield dental patients can be sure that Dr. Frank will provide new dental technologies, and a comfortable, clean, and quiet environment designed to support your total health and wellness.

Types of Sleep Dentistry

There are multiple types of sleep dentistry. At Dr. Frank's Bakersfield dental office, we offer [two main types](#) of sedation care: oral conscious sedation and inhalation sedation.

Oral Conscious Sedation

When most people think of dental sedation, this is what comes to mind. For this, you take a small pill that offers mild to moderate sedation. This is for patients with some levels of anxiety related to dental care.

So even though you may be awake, you'll be sleepy, relaxed, comfortable, and in and out of the office before you know it! If you use this kind of sedation dentistry, you'll usually need a ride home from the dentist.

Dr. Frank only prescribes oral sedatives that are safe, effective, well-tolerated, and easy to use. He'll let you know any directions for taking the pills. Then, by the time your procedure rolls around, you'll be feeling totally relaxed.

Inhalation Sedation

Have you ever heard someone mention "laughing gas"? Well, they're talking about nitrous oxide. This harmless chemical gas is combined with oxygen and administered via a mask placed over the nose and mouth.

Nitrous oxide is best for shorter procedures. You'll be relaxed and happy, but nitrous oxide wears off quickly. After your dental procedure, you'll still be able to drive yourself home.

Following a procedure with laughing gas, you may feel extra giddy or experience some oral tingling or numbness until the nitrous oxide wears off.

Is Sleep Dentistry Safe?

Yes, sleep dentistry is safe. While you're at Dr. Frank's Bakersfield location, you can be sure that you'll be receiving the highest standards of care. After all, Dr. Frank is a member of the American Academy of Oral-Systemic Health (AAOSH) and Wellness Dentistry Network.

However, there are occasional risks related to sedation, such as nausea or dizziness. So, before your sedation dentistry procedure, make sure to provide our office with the following:

- **Your medical history.** Don't worry, Dr. Frank just needs this to determine if you're a good candidate for oral sedation. If you have [sleep apnea](#), or any prior respiratory issues,

it may not be the best option for you. However, Dr. Frank and our care team will help you to figure out how to make your dental experience as easy and seamless as possible.

- **Any medications taken.** This will ensure that none of your medications will react to the sedation.
- **A good contact (friend or family).** We know ride-shares are easy and inexpensive, and believe us, we enjoy them too. But after any sleep dentistry experience, you'll need a ride home with a friend or family member. Our goal isn't just that you receive top-of-the-line care; it's that you're healthy and safe!

Should I Be Sedated?

Ultimately, our team is here to provide you with the best care. That means we will work with you to determine how to improve your health and wellness, while giving you a seamless, easy dental experience.

If you have any anxiety relating to the dentist, please let us know. That would make you a prime candidate for sleep dentistry. Additionally, if you have:

- Sensitive oral nerves that react to temperature changes, gentle touches, and other stimuli,
- A child who needs assistance cooperating during an appointment,
- A strong gag reflex, or
- Low pain tolerance,

then you should talk to our team about sedation at our Bakersfield office.

Interested in learning more about sedation dentistry? Or just want to learn more about how we can help you maintain your oral health and beautiful smile? Dr. Frank, and the rest of our care team, would love to speak with you! Just call our Bakersfield location, or [request a consultation](#), today.