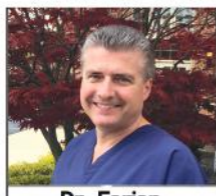


## ***From the Dentist***



**Dr. Farian**

### **Do Dental Appointments Fill You with Dread?**

If you feel panicked, edgy, or uncomfortable during dental appointments, you are not alone! Millions of Americans experience dental anxiety. Whether it's worry over an upcoming appointment or a feeling of panic when you are in the chair, it's perfectly normal to feel some level of anxiety about dental work.

One of the dentist's greatest tools in helping patients have more relaxing experiences is a medication that's been used for more than 150 years: nitrous oxide gas (N<sub>2</sub>O). Formerly called laughing gas, nitrous oxide is an excellent option for nervous patients, due to its anxiolytic properties. It also produces an analgesic (painkilling) effect, making it perfect for patients who are fearful of increased sensitivity during dental procedures. Nitrous oxide is on the World Health Organization's list of essential medicines, as it's commonly used around the world in dentistry and to ease the pain of childbirth—a testament to how safely it is perceived by the medical community. It is considered to be so safe for widespread use that it may be used even on young children.

#### **Nitrous Oxide: How it Works**

Nitrous oxide is delivered through a nose mask that sits gently at the edge of the nostrils. The gas is mixed with oxygen for safety, and only enters the nose by the force of your own inhalation. Patients remain conscious, but experience a pleasant sensation of distance from the dental procedure and an easing of any anxiety they may have felt. If you opt for sedation with nitrous oxide, you can rest assured that Dr. Farian and his staff will make sure you are monitored properly and will remain in control. If you don't like the way you feel, the nose mask can be removed at any time.

Many patients enjoy having nitrous oxide available during appointments because it helps them be more comfortable, reduces the potential for sensitivity, and wears off quickly enough that they can drive themselves home. If you struggle with anxiety during your dental treatments, ask Dr. Farian about nitrous oxide at your next appointment.

*Keep Smiling! And make it a good one!*

### **Farian Dental Care**

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*Named America's Top Dentist*