

Frequently Asked Questions:

The concept of Sedation Endodontics will be new to many patients. After reviewing our website or calling our office, if you still have questions, we will be more than happy to answer them or address any concerns during your consultation.

1. Can I drive myself home?

No, you'll likely feel great, but you are still legally impaired. Please arrange for a responsible and physically capable adult 18 years or older to drive you home or accompany you by taxi. For safety reasons, please avoid public transit. It is also important to have a responsible adult to stay with you for a few hours following your appointment.

2. Is there any special preparation required for my appointment?

Do not eat solid foods eight hours prior to your appointment. Clear liquids are permitted up to two hours before your appointment. For washroom logistics, try not to over-consume fluids. Please wear loose, comfortable clothing and be sure your sleeves allow access to your arm for the intravenous injection and blood pressure reading.

3. Are there any special precautions after my appointment?

Medications will be in your system for up to 24 hours. You should not operate a motor vehicle or machinery and refrain from alcohol for the 24 hours after your appointment.

4. Will I feel any pain?

You will feel almost nothing!

5. Is sedation endodontics safe?

Absolutely. You will be closely monitored by a team member of Kawartha Endodontics to make sure that you are never alone, completely safe and comfortable.



Dr. Rita Kilislian

received her DMD from Tufts University School of Dental Medicine, in Boston, MA, where she graduated with academic honours. Over four consecutive years, Dr. Kilislian was awarded the Tufts University Merit Scholarship based on her overall academic achievement. Dr. Kilislian obtained her certificate in Endodontics at

Tufts University where she received the American Association of Endodontists Awards, as well as the Tufts Alumni Clinical Proficiency Award in Endodontics.

An Endodontic lecturer at major dental conferences, Dr. Kilislian has served as a clinical instructor of Endodontics at Tufts University. The areas of Endodontics that Dr. Kilislian excels in are microendodontics, retreatments, microendodontic surgery, and what some consider endodontic heroics such as removing separated instruments and repair of perforation of the canal walls.

Dr. Kilislian is a certified to administer both Nitrous Oxide and Oral Sedation. Kawartha Endodontics is approved by the Royal College of dental surgeons to administer various forms of dental sedation. Each of the Endodontic assistants have taken courses on medical emergencies.

All IV sedation procedures are performed by a board certified anesthesiologist.



425 Water Street
Suite 200
Peterborough, ON K9H 3L9

Tel: 705 750-0777
877 313-7066
Fax: 705 750-1041
www.kawarthaendo.com
info@kawarthaendo.com

Patient parking is located in the rear of the building. Kindly use the front entrance located on Water Street.

Patients guide to Sedation Endodontics

Eliminate fear and anxiety
Wake up pain free



KAWARTHA
ENDODONTICS
SPECIALIZING IN ROOT CANAL THERAPY

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What is Sedation Endodontics?

Sedation Endodontics employs special medications that allow the patient to experience levels of reduced anxiety and fear during a dental procedure. With sedation Endodontics the patient will be in a deep state of relaxation and will feel as though the procedure only lasts a couple of minutes, when in fact it may last over an hour. The patient will be able to respond to verbal commands and will breathe on their own. Patients will have little to no memory of their experience, including the sounds and smells of the specialist office. They will be relaxed, safe and comfortable.

Types of Sedation Endodontics:

Oral and Conscious Sedation

Oral sedation involves the use of oral medications in the form of a pill or tablet to relieve mild to moderate anxiety. This produces a high level of drowsiness, but not a complete sleep. The medication is administered. Nitrous oxide is an odourless gas which makes you feel relaxed and at ease. An oral sedative with nitrous gas when used in combination will make you will feel calm and carefree. Although you will be awake, you will not be aware of your surroundings and have little to no memory of the procedure.

Intravenous Sedation

Intravenous (IV) sedation involves the use of medications administered intravenously to produce a relaxed and anxiety-free dental experience. During intravenous sedation it is standard safety procedure to hook up the patient to a blood pressure monitor, heart rate monitor and a pulse oximeter. Kawartha Endodontics is able to customize the exact level of sedation to fit each patient's needs and requirements.

Who Can Benefit from Sedation Endodontics?

Fear and Anxiety:

When it comes to seeing a dentist or specialist, an estimated one in seven people experience some form of anxiety. These anxieties can have severe consequences when they are allowed to impact decisions that patients make toward their dental care. As many as 30% of these highly anxious patients end up delaying dental visits until they find themselves in an emergency situation. Unfortunately, neglecting routine dental care often results in more serious dental and overall health problems. Such problems often require treatments that are more extensive and expensive than when routine treatment is maintained.

Dental Phobia:

The word phobia is defined as a fear that causes the sufferer to avoid the feared experience. In this case, the experience is the dental visit. Depending on the severity of the phobia, physical symptoms may be present and can include nausea, increased heart rate and sweating.

Special Needs and other Medical Conditions:

In addition to helping people with anxiety and fear, sedation Endodontics offers Kawartha Endodontics an effective solution for people with special needs. As an example, some patients have difficulty getting numb, others have a sensitive gag reflex, or difficulty keeping their mouth open for extended periods of time. Sedation Endodontics is also a welcome alternative to treating patients with certain medical conditions, physical or developmental disabilities.

Rate Your Anxiety

You are not alone. Up to 30% of this population avoids the dentist due to fear and anxiety. Complete the self-assessment below to rate your level of anxiety.

Anxiety Level Self-Assessment:

1. Do you fear dental treatment?
 Yes No
2. Do you have a history of a traumatic dental experience?
 Yes No
3. Do you have difficulty getting numb?
 Yes No
4. Do you have a sensitive gag reflex?
 Yes No
5. Do dental objects placed in your mouth make you feel like you cannot breathe?
 Yes No
6. Do you deny the presence of a dental problem until the pain is unbearable?
 Yes No
7. Do you often make and then cancel dental appointments?
 Yes No
8. Once at the dentist, do you experience sweaty palms or find yourself gripping the armrests?
 Yes No
9. Does the term Root Canal make you uneasy?
 Yes No
10. Does fear of dentistry outweigh your fear of losing your tooth?
 Yes No

If you answered "yes" one or more times, you may suffer from severe fear, anxiety or phobia and are a candidate for Sedation Endodontics. Contact our office today to book a consultation.