

Is Conscious Sedation Really Dangerous? - Safe Conscious Sedation Techniques in Dental Clinics

Dr. Hong Soo Shin

Dental treatment encompasses various procedures requiring surgical intervention, such as wisdom tooth extraction and periodontal surgery. Particularly with the widespread popularity of dental implant surgery nowadays, more extensive and complex procedures are being performed. Many patients undergoing dental treatment, regardless of the scale, experience anxiety about the procedure. Additionally, it is a well-known fact that a significant portion of individuals who are not receiving treatment are postponing it due to dental phobia.

Various attempts have been made to address this dental phobia. For example, methods such as applying topical anesthetics before local anesthesia, hypnosis therapy, and administering sedative medications have been tried. With the advancement of implant surgery in recent years, there is an increasing need for conscious sedation. However, it is still perceived that there is a low utilization rate in dental clinics. One of the major reasons for this is believed to be misconceptions about the risks associated with conscious sedation. According to a paper by JA Yagiela in 2001, there was no difference in the mortality rate between local anesthesia and conscious sedation in the 1970s and 1980s. So why do Korean dentists in particular think it is more dangerous?

In this presentation, I would like to explore the risk factors associated with conscious sedation, dividing them into patient-related factors, factors related to the procedure being performed, factors related to the drugs used, and factors related to healthcare providers, and discuss possible solutions accordingly.

Finally, to ensure safe conscious sedation in dental clinics, I believe that appropriate patient selection, education for both dentists and clinical staff on conscious sedation techniques and understanding of medications, proactive patient monitoring using vital sign monitors, preparation of intravenous fluids and oxygen, appropriate equipment such as ambu-bags for emergency situations, and completion of basic cardiac life support training are essential. With these measures in place, safe conscious sedation can be performed in dental clinics.

Profile

- * School of Dentistry, Wonkwang University (DDS)
- * Graduate School, Seoul national university (MS, Ph.D.)
- * Oral-Maxillofacial Surgery of Samsung Medical Center In Seoul (Intern,Resident ,OMFS)
- * Former vice-chairman of KAO
- * SKCD member
- * Present) E-star Dental clinic