

# Silicon Valley Endodontics & Microsurgery

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## Sedation for Your Root Canal

*What the options mean, what to expect, and how your dental team keeps you safe.*

### SEDATION CALMS ANXIETY - LOCAL ANESTHESIA CONTROLS PAIN

Every root canal still begins with profound local anesthesia to numb the tooth. Sedation is an optional extra layer of relaxation; it does not replace numbing.

The right plan depends on your anxiety, medical history, current medicines, breathing health, and the procedure. Tell us about every condition and medication before your visit.

### YOUR COMMON OPTIONS

Local anesthesia only: You stay fully alert and can normally drive yourself home.

Nitrous oxide (laughing gas): Light inhaled relaxation that usually wears off quickly after the mask is removed. Follow our instructions about driving.

Oral sedation: A prescribed medicine taken before the appointment. You remain responsive but may be deeply relaxed and remember little. A responsible adult must drive you home; do not drive, work, or sign important documents for the rest of the day.

### THE ADA SAFETY FRAMEWORK

Before: We review your health history and medicines, assess relevant risks, explain the plan, provide instructions, and obtain informed consent.

During: The qualified team watches your level of consciousness, breathing and oxygenation, heart rate, and blood pressure as appropriate for the sedation level.

Rescue readiness: Sedation is a continuum. The treating team must be prepared to recognize and manage a deeper-than-intended response, with oxygen, suction, emergency equipment, and trained help available.

After: You are monitored until your consciousness, breathing, oxygenation, and circulation are satisfactory for discharge, then you receive verbal and written aftercare instructions.

### Before you arrive

#### 1 Tell us your full health history.

Include pregnancy, sleep apnea or other breathing problems, allergies, prior anesthesia problems, and every medicine or supplement.

#### 2 Follow the written instructions.

Food, drink, medicine, and transportation instructions vary with the plan. Do not guess - call us if anything is unclear.

### Anxious about treatment? Let us plan your visit together.

(669) 234-2354 - ask about sedation before scheduling.

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General patient education only. Sedation selection, monitoring, fasting instructions, and discharge requirements are individualized by the treating clinician and must follow applicable California rules. Based on the American Dental Association Guidelines for the Use of Sedation and General Anesthesia by Dentists, adopted October 2025. Full guide: [svendodontics.com/can-i-be-sedated-for-a-root-canal](http://svendodontics.com/can-i-be-sedated-for-a-root-canal).