

PRESS RELEASE VERSION

Dr. Andrea Cervantes, a general and cosmetic dentist who owns Sheldon Grove Family Dental in Elk Grove, California, has added a new service to her state-of-the-art practice: Both she and Registered Dental Assistant Karla Rivera are certified to administer oral dental sedation.

Dental sedation makes facing dental care easier for people who suffer from severe anxiety in the dentist's office or who need lengthy treatments.

If you're afraid of seeing a dentist, you have a lot of company. The National Institutes of Health reports that 35 million Americans avoid dental treatment until they have a serious problem – often too late to save the tooth. With sedation dentistry, patients can have a relaxed dental experience – and, as a result, may be more willing to make regular dental appointments.

Being certified in oral sedation enables Dr. Cervantes to prescribe anti-anxiety pills to be taken before dental treatment. These pills induce minimum to mild sedation, which calms nervous patients and helps them feel more comfortable. Patients remain awake but relaxed, and they maintain normal breathing and cardiovascular functions. Dr. Cervantes uses a pulse oximeter, clipped painlessly onto the patient's thumb, to keep track of pulse and oxygen intake.

“With oral sedation,” Dr. Cervantes says, “we can provide more and longer services for our patients while keeping them comfortable and calm. Our patients no longer need to stress about getting dental care.”

Good candidates for oral sedation are patients who:

- experience severe gag reflex
- are fearful, anxious or phobic
- cannot be numbed with local anesthetic (about 8 percent of the population)
- need long treatments
- are sensitive to post-operative pain

Sedation dentistry is another enhancement to Dr. Cervantes' commitment to give her patients up-to-date dental care in a comfortable environment. Dr. Cervantes' general dentistry practice provides dental implants, crowns, bridges, dentures, gum disease laser therapy, fillings, restorations, dental sealants, tooth extractions and non-surgical root canals. In her cosmetic dentistry practice, she offers teeth whitening, porcelain veneers, bonding, inlays and onlays and the Invisalign alternative to braces (often called invisible braces or clear braces).

She also employs CEREC (for Chairside Economical Restorations of Esthetic Ceramic), a computer-assisted procedure that can create crowns, inlays, onlays and veneers right in her office in a single sitting, eliminating the need for temporary measures.

A native of Sacramento, California, Dr. Cervantes earned her undergraduate degree in biological sciences in 1993 at the University of California, Davis, received her doctorate of dental surgery in 2003 at the University of the Pacific in Stockton, California, and completed her residency in general dentistry at the UOP Health Sciences Clinic in Stockton. She is in completing her master's degree in public health at Fresno State.

Dr. Cervantes gives back to her community by performing dental health screenings for high-risk children at schools throughout Sacramento County and by supporting several Sacramento-area organizations. She is a member of the American Dental Association, California Dental Association, Sacramento District Dental Society and Academy of General Dentistry.

Sheldon Grove Family Dental is located at 8835 Sheldon Road, Suite 140, Elk Grove CA 95624. For more information or to make an appointment, call the office at 916-681-8835 or email at info@sheldongrovedental.com.

Office hours are Monday through Friday 8 a.m. to 5 p.m., Saturdays by appointment. Your appointment will be scheduled as promptly as possible, and in the case of an emergency every attempt will be made to see you the same day.