

## Media Release

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### Sheffield practice takes the fear out of dental treatment

A pioneering South Yorkshire dental practice has become one of the first in the country to have a consultant anaesthetist in clinic to sedate nervous patients.

Dr Ken Ruiz, Consultant Anaesthetist at the Rotherham Hospital, has joined the specialist team at one80dental, a centre for advanced dentistry based in Sheffield.

He has been brought in to provide conscious sedation for patients who are undergoing complex or lengthy dental procedures as well as those who are very nervous, using the latest techniques

One80dental Practice Manager Zoe Rosenbaum said: “We have a very experienced sedation team here but recognise that, particularly when lengthy treatment is required, it’s extremely important to keep the patient feeling relaxed and confident as well as pain-free.

“Many people are nervous about a visit to the dentist, especially if they have had negative experiences in the past. Some patients would just not go ahead, but they can now benefit from treatments they need which is just brilliant.”

Dr Ruiz, a consultant for more than 20 years, is a former president of the Association of Dental Anaesthetists and spends about half his clinical time on both child and adult dental patients at Rotherham Hospital.

But he has now become one of only a small number of anaesthetists working directly in primary care. “I use Propofol, which is the most commonly used agent for sending you to sleep, but here we are using it to make sure patients are sedated, relaxed and free from fear.

“It is given continuously by infusion and also alters your perception of time, so when you switch it off people think it’s been 10 or 15 minutes when the procedure may have taken an hour or more.

“Propofol acts far more quickly than traditional sedation drugs used in dentistry and is far more controllable – when administered by a specialist practitioner with the right skills and equipment – so people recover much more quickly.”

Dr Ruiz’s appointment brings the number of sedationists currently operating at one80dental to three.

One80dental brings together specialists undertaking advanced restorative and implant dentistry at its state-of-the-art centre on Baslow Road, Totley. The practice receives referrals from across South Yorkshire and the North Midlands as well as hosting training courses for the dental profession.

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