

Intravenous Conscious Sedation

INSTRUCTIONS FOR PATIENTS AND THEIR ESCORTS

Intravenous sedation is widely used for patients undergoing surgical procedures, and also for patients having general dentistry who are particularly anxious. Sedation is when drugs are used to make you feel less anxious and more relaxed. It will make you drowsy, less aware of what is happening and with few memories of what has happened to you during your treatment. It does not make you unconscious and you will be aware of what is happening.

Patients feel well during recovery but reaction time is slowed down and so it is important for your safety that the instructions below are followed.

Intravenous sedation is usually given by using a single drug called midazolam. A dose of the drug is chosen for you individually. It is given by injection. This is usually into a vein in the back of your hand or in your arm through a cannula.

A cannula is a thin flexible tube. A needle is used to put the cannula in but is then removed immediately. It is normal to feel a sharp scratch when the cannula is inserted. Once the cannula is in the vein, the sedation drug can be given without using any more needles. The cannula remains in until the dentist has checked that you have recovered from the sedation, but it will be removed before you go home.

As with the administration of any medicines, there are risks associated with intravenous sedation. These might include:

- A reduction of oxygen in the blood stream due to poor breathing during sedation. You may be asked by your dentist to take deep breaths to correct this. Your breathing and oxygen levels will be monitored throughout the procedure.
- Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks include allergic reactions to the sedative drugs that you have been given.

BEFORE YOUR APPOINTMENT

- You must **NOT** eat or drink for 2 hours prior to your appointment. Before this you can have a light meal such as toast and tea, coffee or juice. Diabetic patients need to work their regimes accordingly. **Alternatively**, you may have been specifically instructed not to eat after midnight if your appointment is in the morning, or after 8am if your operation is in the afternoon.
 - Take your routine medicines at the usual times with a small sip of water unless instructed otherwise and discuss any medicines that you are taking with your dentist before your sedation starts.
- Bring these with you to be seen. If you use any inhalers, even if infrequently, please bring them with you.
- It is particularly important that you discuss any medication for diabetes before your appointment for treatment
 - Please inform us if you think that you may be pregnant
 - You must make arrangements for an able-bodied adult, who can take responsibility for you following your treatment, to collect you to take you home by private car or a taxi and not on public transport.

AFTER YOUR TREATMENT

You will spend some time in the recovery area following your treatment. You will be checked by the dentist before you can go home.

You must be accompanied by an able-bodied adult who can take responsibility for you following your treatment.

Although you may think that you have recovered quite quickly, the effects of your sedation may not have worn off entirely for at least 8 hours. You must not be alone at home until the day following your treatment.

Your judgement will be affected by the drugs. This is similar to the effects of consuming alcohol. It is important that for 8 hours following your treatment you:

- Do not drink any alcohol or return to work.
- Do not drive any vehicle, or operate any machinery or any domestic appliances or go out alone.
- Do not take important decisions such as buying expensive items or sign important documents.
- Do not do anything that requires skill and judgment.