

# Intravenous sedation for dental treatment

## Information for patients

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### **What is conscious sedation?**

Your dentist has recommended that you have your dental treatment with the help of sedation. 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.

Once you are sedated, the dentist may use local anaesthetic around the site of the dental treatment. Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections you need will then be given through this numbed area to minimise any discomfort.

Sedative drugs (medicines) can be given in a number of ways. Your dentist will decide, with you, which type is the best for your planned dental treatment.

There are different levels of sedation and several methods can be used. You may have sedation:

- By breathing in gas through a nosepiece (inhalation)
- By injection into a vein in your hand or arm (intravenous)
- By swallowing a medicine (oral)
- By placing a medicine under your tongue or into your nose (transmucosal).

Your dentist will discuss the best method to use for you and your treatment. They will give you some information about the type of sedation you will be having for your treatment.

The dentist will agree a plan with you for your treatment with sedation and they will give you some instructions to follow. These are important for your safe and comfortable care. For most types of sedation, you will need someone to come with you on the day of your treatment so that they can look after you when you go home. The dentist will confirm with you if you will need someone to act as an escort in this way. Your escort will also be given some important information about how best to look after you following your treatment under sedation.

This information is a general guide for patients having dental treatment with sedation. As part of the face-to-face discussions with your dentist, you may be given advice that is specific to your treatment plan. This may differ in some areas to the general principles outlined here so it is important to discuss this with your dentist.

Before any treatment is started, the dentist will ask you to confirm your consent. This means that you understand the planned treatment and how you will receive the sedation.

If you have any questions or are unclear about having your sedation, then do not hesitate to ask your dentist.

Please read the following instructions carefully, if you do not follow these instructions we may not be able to proceed with your treatment.

If you have any questions please phone the Dental Clinic, the phone number can be found at the end of this leaflet.

## **Intravenous Sedation**

You have chosen to have your dental treatment with intravenous sedation. This is when the sedative drug is given to you by an injection into your vein. It is usually given in the back of your hand or arm through a cannula (a thin tube). The cannula is placed into your vein by a needle. The needle is then removed but the cannula remains in place for the duration of the procedure. This will relax you for your procedure. Patients often feel sleepy and it will make you comfortable while your dental treatment is carried out. Most patients remember little or nothing of their treatment but it does not affect any part of your memory before the drug was given.

A responsible adult must escort you to your appointment and stay in the clinic while you are having your treatment. You will be required to stay in the surgery until the dentist is happy you are safe to return home. A responsible adult will have to remain with you for 24 hours.

Intravenous sedation is a very powerful and safe way of reducing anxiety while dental treatment is carried out. Although all drugs carry some risks, the risks associated with intravenous sedation are very small when instructions are followed. These risks are:

- Your breathing may slow down- this is monitored throughout the procedure
- You may have some bruising at the site where the cannula is injected into your vein
- You may have partial or total memory loss of the procedure.

## **Before Your Appointment for Sedation**

A responsible adult must accompany you to the appointment. They must remain in the Clinic during your treatment, take you home and remain with you for 24 hours. You **must not bring any children** or dependants to the appointment, the escort must be responsible solely for you.

Please arrange suitable transport home as you will not be able to drive. You and your escort can either leave by car or taxi. Neither public transport nor walking are suitable after sedation.

Please **eat a light meal** before attending your appointment and drink water. Do not starve yourself or restrict fluids. Do not drink alcohol or take recreational drugs for 48 hours before your appointment.

Please arrive 15 minutes before your appointment so that pre-treatment paper work can be completed.

Please **do not wear nail varnish**, acrylic nails, makeup (particularly lipstick), jewellery or contact lenses to your appointment. Wear loose fitting and comfortable clothing with short sleeves and flat shoes.

Take all your medications as normal unless the dentist has advised otherwise. Please inform the dentist of any changes to medication or if you have seen your doctor or attended hospital since your appointment was made.

## **After Your Appointment for Sedation**

You should rest for a few hours following sedation and take things easy for the rest of the day.

Your mouth may be numb where the dental treatment was carried out. Be careful not to burn or bite yourself until the numbness wears off- this may last a few hours.

Eat light and easily digestible food for the rest of the day. Take all medications as normal. Follow any instructions given to you by the dentist.

After sedation your reflexes, judgement and memory can be affected for 24 hours, you **must not**:

- Drive any vehicle
- Go to work
- Look after children or dependants
- Operate machinery
- Use the internet
- Use household appliances (e.g. cookers, kettles, irons)
- Make any important decisions or sign legal documents
- Drink alcohol or take recreational drugs.

If you are a breast feeding mother you must not breast feed for 24 hours after sedation, and should dispose of any milk expressed in this time.

#### Please do:

Bring a responsible adult to the appointment who will remain with you for 24 hours

Eat a light meal and drink water

Take prescribed medications as normal

Wear short sleeves

Wear flat shoes and comfortable clothes

Tell the dentist about any changes to medications

Arrange suitable transport home

Arrive 15 minutes before your appointment to complete paperwork.

#### Please Don't:

Bring children or dependants to your appointment

Starve yourself or restrict fluids

Wear nail varnish or acrylic nails

Wear contact lenses

Wear makeup (especially lipstick)

Wear jewellery

Drink alcohol

Take recreational drugs for 48 hours before your appointment.

If you have an enquiry about your appointment or you need to cancel it please contact us on **0131 536 1129**.

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