Information for Patients Undergoing Intravenous Sedation

What is Intravenous Sedation?

- Intravenous sedation is when drugs are used to make you feel less anxious and more relaxed
- It will make you drowsy and less aware of what is happening
- The sedative is given by injection into a vein (intravenous) in the arm or back of the hand
- You will be awake and will still be able to communicate verbally with us
- This is not a general anaesthetic and it does not make you unconscious
- Following your treatment you will be required to stay at the hospital until your clinician is satisfied that you are well enough to be accompanied home
- For 24 hours after the procedure, your coordination will be affected and you should not undertake skilled tasks

What are the benefits?

- It reduces anxiety and stress associated with dental treatment
- You will remember little or nothing about the procedure
- It enables the clinician to undertake the procedure with greater ease and safety
- Intravenous sedation avoids the use of a general anaesthetic and the risks associated with it

What are the risks?

- The risks are minimal
- If you become too drowsy, you will be given a drug to reverse the effects
- Reduction of oxygen in bloodstream. This is due to reduced breathing during sedation. You may be asked by your clinician to take deep breath to correct this. Your breathing level will be monitored throughout the procedure.

- Bruising at the site of the cannula. This may take several days to fade completely.

- Very rare risks:
  - Allergic reaction to the sedative drugs that you have been given
  - Vomiting

- It is very important that you let the clinician know your medical history, including any medication you are taking and if you had any problems with having either general anaesthetic or sedation

**What are the alternatives?**

- The main alternative to intravenous sedation is a general anaesthetic where you are completely asleep during your operation. This is associated with increased risk and cannot be done if you have certain medical conditions. It is often better to avoid a general anaesthetic if the operation is minor.

- Local anaesthetic which means the area which needs treatment will feel numb, but you are completely alert during the procedure

**What do I need to do before my appointment?**

- Please make arrangements for an able-bodied adult (escort) who can take responsibility for you, to come with you to the appointment, stay in the waiting area and take you home. This person may need to stay with you over night.

- **You will not be treated under sedation if you come without an escort**

- **Your escort should not be looking after anyone else except you**

- If you have a cough, or cold or other illness, please contact the clinic before the appointment, as it may be necessary to postpone treatment

- If you think you may be pregnant, you need to let the clinician know

- If you are breastfeeding, you need to let the clinician know

**What should I do on the day of my appointment?**

- Make arrangements to have children looked after at home as we are unable to look after them whilst you are having your treatment

- **An escort will be required – if you attend without an escort, you will not be treated.** An escort is an able-bodied adult who can take responsibility for you, to come with you to the appointment, stay in the waiting area and take you home. This person may need to stay with you over night.
• Your escort should not be looking after anyone else but you
• You may have a light meal before the appointment for treatment.
• Wear loose comfortable clothing
• Take regular medication as normal and bring in any drugs or inhalers you have been prescribed
• Leave all valuables and jewelry at home apart from your wedding ring
• Do not wear any make-up, nail polish or nail extensions. You can wear a simple face cream.
• Use the bathroom before the start of treatment

What to expect?
• You will remain conscious during this kind of sedation
• You may experience a temporary loss of memory during the time that you are sedated
• You may feel unsteady on your feet for some hours after the procedure
• Your ability to think clearly or make judgments may be affected for the next 24 hours
• You may experience some forgetfulness
• Once you are sedated, the clinician may use local anaesthetic to numb the site of treatment. Local anaesthetic as a paste is sometimes used to numb the site of treatment prior to local anaesthetic (injections). This will reduce the change of any discomfort.

When will I be able to go home?
• You should be ready to go home about 1-2 hours after the start of your treatment
• You will be assessed to ensure you are ready to go home
• Your clinician will give you any extra care instructions depending on the treatment carried out that day.
• You should travel home with your escort by car or taxi as the sedative drug affects your coordination
• Do not go home by public transport (i.e. bus, train, underground)

What should I avoid doing afterwards?
Your judgement will be affected by the sedative drug. This is similar to the effects of consuming alcohol.
You should not:

- Drive a motor vehicle or ride a bike for 24 hours after treatment
- Operate machinery or electrical items of any kind
- Drink alcohol
- Take sedative drugs
- Be responsible for other people / children
- Return to work immediately
- Make significant decisions or sign any important documents.
- Climb heights (e.g. ladders, scaffolding)
- Owing to the after effects of the sedative drugs used, care should be taken when using the internet for personal communication

What do I do when I get home?

- You can eat and drink as soon as you get home; however it is best to wait until the effects of any local anaesthetic have worn off (usually 2-3 hours)

What to do if you need help / advice?

- If you have any concerns, you should contact us:
  
  **Special Care Dentistry:** 020 3456 1175 or 020 3456 1264
  
  **Oral Surgery:** 020 3456 1057 or 020 3456 1114

  Between 9.00 a.m. to 5.00 p.m. Monday-Friday

- Outside of these hours please contact the on-call maxillofacial team or your local A&E Department.

  **On call maxillofacial team:** 020 3456 7890 / 0845 155 5000 and ask for the Maxillofacial Senior House Officer on call, bleep number 5602. This is NOT an extension number.