



## ALL YOU NEED TO KNOW ABOUT SEDATION

Conscious sedation is a pleasant relaxing way to have your dental treatment.

Conscious sedation is the injection of a sedative drug into the blood system. It is predictable very safe and allows nervous patients to become relaxed.

Most patients can remember little or nothing of the procedure, but it will not affect any part of your memory before the drug is given.

Conscious sedation is a very powerful and safe way of reducing anxiety to allow treatment to be carried out and for providing comfortable treatment during difficult or prolonged dentistry.

### ***Who will sedate me?***

A dentist specially trained in conscious sedation will sedate you. A nurse who has also received specific training will assist the dentist.

### ***How is it given?***

The drug is administered by a small injection into the crook of the arm or the back of the hand. This is usually quite painless.

### ***Whom is sedation suitable for?***

Sedation is suitable for very nervous patients.

### ***Who is **not** suitable for sedation?***

- Intravenous Drug Users
- Alcoholics
- People with unstable heart conditions
- Pregnant ladies
- Children under 16 years
- Very overweight people

### ***Is it safe?***

Yes, sedation is a much safer alternative to a General Anaesthetic. General Anaesthetics are no longer offered for routine dental treatment.

### **ASSESSMENT VISIT**

- You will be asked to attend the practice for an assessment for sedation.
- At this visit, it is important to inform your dentist of any changes to your medical history or prescribed medication.
- You will have your blood pressure checked.
- Your treatment will be explained to you.
- You will be asked to sign a consent form.
- You will be asked whom you intend to ask to be your escort. This must be a responsible adult over the age of 18 and personally known to you who can come to the sedation appointment with you, and who can take you home and care for you for the next 24 hours.

### **BEFORE YOUR SEDATION APPOINTMENT**

- Arrive for your appointment fifteen minutes early so that pre-treatment documentation can be completed.
- Continue to take prescribed medication unless the dentist advises otherwise
- Remove contact lenses before your treatment.
- Remove all jewellery before attending your appointment.
- Remove all make-up particularly lipstick and nail polish before your appointment.
- Tie back long hair.
- Wear loose fitting and comfortable clothing. It is particularly important for sleeves to be loose.
- Give details of any medicines or tablets, which you are taking on or off prescription, which you have not previously told us about.
- Eat a light meal as normal.
- Do not drink any alcohol 24 hours prior to your sedation appointment.
- Make suitable childcare arrangements.

## THE SEDATION APPOINTMENT

- It is important that your escort arrives at the appointment with you. ***Treatment cannot go ahead unless the escort is with you.***
- Your blood pressure will be checked again.
- You will be asked to wear a small clip on your finger. This is to monitor your heart beat and breathing.
- The sedative drug, which will be given, is called midazolam. It will quickly make you feel very relaxed.
- It is a very safe procedure.
- The drug will be administered by a small injection in the crook of the arm or in the back of the hand.
- You will still be awake during the procedure and you will be able to talk to your dentist and dental nurse.
- Most patients will remember little or nothing of the procedure.
- The dentist who will undertake your sedation is Dr Penelope Wilkes.

## AFTER THE SEDATION APPOINTMENT

- Your escort should arrange to take you home by car or taxi and not public transport or walking and stay with you for the next 24 hours.
- You should rest at home for the remainder of the day.
- **DO NOT** attempt to do any of the following 24 hours following your sedation appointment:
  - **drive a car or ride a bicycle**
  - **cook (including handling boiling kettles)**
  - **be responsible for children**
  - **drink alcohol**
- You should take any prescribed medication as usual.
- Follow any post-operative instructions relating to your dental treatment.