



## Pre- & post-operative instructions for Intravenous Sedation

Conscious sedation is a form of anxiety control which makes treatment more pleasant for the patient. It is effective, predictable and very safe. Conscious sedation is the modern alternative to general anaesthesia for most dental procedures.

Conscious sedation can be given in a number of ways. Intravenous sedation is the most commonly used form in adults.

Conscious sedation will make you feel sleepy and relaxed. Most patients can remember little or nothing of the procedure, but it does not affect any part of your memory before the drug is given.

You will be sedated by Dr Neil who has a Diploma in sedation and all his nurses are specially trained. Following your sedation, you will be required to stay at the practice until Dr Neil is satisfied that you are safe to be accompanied home by a responsible adult. This is because your judgment may be affected for anything up to the next 24 hours.

As the drowsiness wears off, you may notice that your mouth is numb. Please be careful not to burn or bite yourself until the numbness wears off, this can take a few hours.

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

The risks associated with conscious sedation are very small, particularly when compared with general anaesthesia. There is a negligible risk if you follow the instructions on this sheet.

### Please note: -

Should you be ill, have a cold or sore throat, please contact us the day before your appointment at the latest. Please continue to take medicines prescribed by us or your medical practitioner as normal.

### What to do before your appointment on the day of your treatment: -

**All patients must be accompanied home by a responsible adult.**

- **DO** bring your completed pre-treatment documentation with you.
- **DO** remove contact lenses before your appointment.
- **DO** remove all make-up particularly lipstick and nail varnish before your appointment.
- **DO** remove all jewellery before attending your appointment.
- **DO** tie back long hair.
- **DO** continue to take routine medicine, unless the dental surgeon advises otherwise.
- **DO** wear loose fitting and comfortable clothing. It is particularly important for sleeves to be loose.
- **DO** inform the dentist if you are breast feeding.

### Special precautions after intravenous sedation -

- **DO** rest for a few hours and take the rest of the day quietly.
- **DO** eat light and easily digestible food for the rest of the day.
- **DO** take any medicines, tablets or pills which have been prescribed to you.
- **DO NOT** drive any vehicle, operate machinery or make any business decisions on the same day as your treatment. Your reflexes and judgment may be affected.
- **DO NOT** drink any form of alcohol until the following day.

**If you do not understand any of these instructions or if there is anything making you feel unusually apprehensive about your treatment, please ask any member of our team.**