



Intravenous sedation “twilight sleep” for your dental treatment

Introduction

You have been offered intravenous sedation for your dental treatment. This leaflet explains more about the sedation appointment.

What is Intravenous Sedation?

- Intravenous sedation involves giving you a small injection of a sedative drug through a plastic tube (cannula), which is placed into a vein in either your hand or arm. The sedative drug will make you feel relaxed during your treatment.
- Intravenous sedation is not the same as a general anaesthetic, which puts you to sleep. However, many people do not remember anything about their treatment.
- Once you are sedated and ready to start your treatment you will be given a local anaesthetic injection, which will numb your tooth, so you do not feel any discomfort during treatment.

What are the benefits?

- Intravenous sedation will help you relax and reduce any anxiety caused by dental treatment. Even people who do not feel anxious about dental treatment may have sedation for procedures, which can be uncomfortable such as extractions (removing a tooth) or certain lengthy procedures.

Do I have to make any special arrangements before I attend for my appointment?

You **must** follow the pre-sedation instructions listed below. If you do not follow these instructions your appointment will have to be rescheduled.

- No alcohol for 24 hours before your appointment
- Take all prescribed medication at usual times (unless the doctor has specified otherwise at your assessment visit)
- No recreational drugs 48 hours prior to your visit
- Bring all medication to appointments and information regarding any changes to medical conditions
- Have a light meal two hours before your appointment then no food or drink until after your appointment
- You need to be accompanied by an adult escort who must be present in the waiting area throughout your appointment and is able to support and look after you when you are discharged home (if you cannot arrange an escort your treatment will have to be postponed.)
- You must go home by car or taxi, not public transport
- You and your escort must not bring children (under 12 years of age) with you on the day as it is not possible for your escort to take care of you and a child at the same time.

Please ask your escort to read these instructions

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What will happen at my appointment?

- You and your escort will be brought from reception into the clinic by one of our sedation nurses. Your escort will be asked to sit in the waiting room.
- When you go through into the dental surgery one of our sedation nurses will place a blood pressure cuff on your arm (your blood pressure is recorded every 10 mins) and a probe on your finger (this will beep throughout treatment), to monitor your breathing.
- The dentist will then insert a small plastic tube (cannula) into a vein in either your hand or arm. The clinician will give the sedation slowly through this tube until you are at a relaxed level to cope with your treatment.

Recovery

- Once the procedure is complete, we will monitor and assess that you are fit to leave.
- The monitoring equipment (blood pressure cuff and probe) will be replaced and your escort brought through to accompany you throughout your recovery period

Discharge

- Once the dentist and sedation nurse are happy for you to be discharged home they will give both you and your escort verbal and written aftercare instructions to follow for the following 12 hours. The dentist will check you are steady walking unaided and will remove the plastic tube (cannula).

How will I feel when I leave the surgery?

- You are likely to feel drowsy, disorientated and forgetful for the rest of the day as it takes time for the effects of sedation to wear off. You may also experience some bruising to your hand or arm where the plastic tube (cannula) was placed and the sedative drug was given.

For 12 hours after your appointment

You must **not**

- Drive any vehicle or ride a bicycle
- Return to work
- Operate any machinery or use any domestic appliance
- Drink alcohol or take any recreational drugs
- Make any important decisions or sign any legal documents, or make any transactions on the internet
- Look after any young children

You **must**

- Take all prescribed medication at normal times (unless the dentist has informed you otherwise). This should be supervised by another adult.

If you need any further help or information please do not hesitate to contact us.

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