

Important Instructions to Follow Before Undergoing Intravenous Conscious Sedation



Intravenous Conscious Sedation:

Intravenous Sedation is a safe procedure which is used to calm and relax you whilst having dental procedures. It allows you to accept dental procedures which otherwise could not be tolerated by you due to anxiety and fear towards dental procedures. You will breathe on your own and you are monitored during the procedure. Local anaesthesia is used to numb the area where dental procedures are performed after you are sedated, and some people may recall very little about the dental procedures. An hour of sedation may only feel like minutes and you may remember very little of what has happened during sedation.

Medical History:

Please make sure we have received an up to date medical history, including your current medication, previous surgeries and allergies in the medical history form provided. This is to assess your fitness for sedation.

Fasting:

The patient may not have anything to eat or drink for four (4) hours prior to the time of appointment. For example, if you have the procedure at 9 am, you should stop drinking or eating from 5 am. Please note that this 'Nil by Mouth' (NBM) is a mandatory requirement for IV Sedation.

Smoking:

No smoking from 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible prior to the day of surgery.

Escort:

A responsible adult must accompany the patient to the dental surgery, remain in the dental surgery during the procedure, and be responsible for the patient, especially in

the evening. All patients should ideally be looked after by a responsible adult overnight. We recommend that patients go home by private transport, i.e car or taxi, and avoid public transport, i.e. bus or train for the safety of the patient. This is a mandatory requirement to follow as per the regulations governing sedation.

We cannot provide conscious sedation unless accompanied by an escort (responsible adult over 18 years old), for your safety and well-being after sedation.

No Driving etc., for 24 Hours:

The patient should not drive a vehicle or operate any machinery, sign any legal documents or do activities unsupervised for 24 hours following the IV Conscious Sedation procedure.

Loose Clothing:

Please wear loose fitting clothing with sleeves which can be rolled up past the elbow, and low-heeled shoes. This is to enable us for easy access of your arms for BP monitoring, and IV cannulation, etc.

Contact lenses, jewellery, and dentures must be removed before the surgery.

Nail Polish or Make up:

Do not wear lipstick, excessive makeup, or nail polish on the day of surgery. If you have fake nails (Shellac nails) or nail varnish, please have this removed on both of your index fingers. This is to enable us to monitor your breathing through sensor clips applied to the finger nails.

If you **have an illness** such as a chesty cough, cold, sore throat, chest infections, stomach or bowel upset, please notify the office.

Most **dental anxiety, phobia** to dental procedures can be treated with Intravenous conscious sedation. However, please note that intravenous sedation is a form of conscious sedation and does not guarantee oblivion as in general anaesthesia. General anaesthesia is only provided in the hospitals and is not needed for most dental procedures. If you require general anaesthesia or deep sleep the procedure proposed i.e Conscious Sedation is not the solution for you. However, most patients remember very little and are quite relaxed and calm to undertake most invasive dental procedures under IV Conscious Sedation.

Please remember to ask any questions you may have about conscious sedation when you see Dr. Hussain before the surgery. Alternatively, we can call you before your appointment should you wish to discuss any other aspect of this treatment in detail. Please sign this document to indicate that you understand the procedure and happy to undertake conscious sedation for your dental treatment.

Patient Signature Print Name:.....

Date of Signature:.....

Signature of Sedationist:.....