

## FREQUENTLY ASKED QUESTIONS

- Who will Sedate me?**  
You will be sedated by a dentist specially trained in conscious sedation. The dentist will be assisted by a nurse who has also received specific training.
- Are there any risks involved in conscious sedation?**  
All drugs carry some risks. The risks associated with conscious sedation are very small, particularly when compared with general anaesthesia. There is negligible risk if you follow the instructions on this sheet.
- How long will I be drowsy?**  
Usually drowsiness last no more than 8 hours. Some people sleep heavily following sedation. Very occasionally some patients feel drowsy the following day.
- Is it as good as general anaesthesia?**  
We can't guarantee oblivion with conscious sedation, but many people cannot differentiate between general anaesthesia and conscious sedation. The main benefits are that conscious sedation is inherently safer and more pleasant.

**SHOULD YOU HAVE ANY  
QUERIES PLEASE TELEPHONE US  
t: 020 8540 8879**

Naturally, you need to be as relaxed and confident as possible. We wish to do everything to make your visit for treatment under intravenous sedation to be as comfortable and as pleasant as possible.

If you do not understand any of these instructions or if there is anything making you feel unusually apprehensive about your treatment, please ask the dental surgeon or one of our staff. Our aim is gentle comfortable care.

### 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.

*As special facilities and staff will be arranged for you, please follow these instructions carefully and bring your appointment card with you. If you do not follow these instructions we may not be able to proceed with your treatment and this will result in a broken appointment charge.*



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## INTRAVENOUS SEDATION



## IMPORTANT INSTRUCTIONS FOR YOUR SAFE AND COMFORTABLE TREATMENT

**PLEASE READ THIS  
LEAFLET CAREFULLY**

## ABOUT CONSCIOUS 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.

Where general anaesthesia was used in the past, progressive hospitals now use conscious sedation.

Conscious sedation can be given in a number of ways. A needle is used to administer drugs through a vein. Intravenous sedation is the most commonly used form in adults. Your dental surgeon will advise you if any other techniques are appropriate

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.

Following your sedation, you will be required to stay at the practice until the dental surgeon is satisfied that you are safe to be accompanied home by a responsible adult. This is because your judgement 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. Numbness may last 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.

## WHAT TO DO BEFORE YOUR APPOINTMENT ON THE DAY OF TREATMENT

- ✓ **ALL PATIENTS MUST BE ACCCOMPANIED HOME BY A RESPONSIBLE ADULT WHO WILL NEED TO BE PRESENT AT ALL TIMES IN THE WAITING AREA .**
- ✓ **The Centre cannot accept responsibility for any valuables which must be left with the Escort.**
- ✓ **DO** arrive for your appointment fifteen minutes early so that pre-treatment documentation can be completed.
- ✓ **DO** remove contact lenses before your treatment.
- ✓ **DO** remove ALL make-up particularly lipstick and nail varnish before your appointment.
- ✓ **DO** remove ALL jewellery before attending for your appointment.
- ✓ **DO** tie back long hair.
- ✓ **DO** continue to take routine medicine unless the dental surgeon advises otherwise.
- ✓ **DO** tell the dental surgeon if you have been to see the family doctor or attended hospital since your appointment was made.
- ✓ **DO** give details of any medicines, tablets or pills which you are taking on or off prescription which you have not previously told us about before.
- ✓ **DO** wear loose fitting and comfortable clothing. It is particularly important for sleeves to be loose.

- ✗ **DO NOT** have heavy meals or fatty foods on the day of the appointment. It is not necessary for you to starve or restrict fluids.
- ✗ **DO NOT** drink any form of alcohol on the same day.
- ✗ **DO NOT** wear tight clothing or shoes with high heels.
- ✗ **DO NOT** wear ANY make-up or jewellery please
- ✗ **DO NOT** bring anyone with you other than a responsible adult who will take you home. Please do not bring any other children with you.

## 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 for you.
- ✗ **DO NOT** drive any vehicle, operate machinery; use cookers, kettles or irons or make any business