

## Intravenous Sedation - Important instructions for your safe and comfortable treatment

This leaflet explains the simple instructions you need to follow before and after you have had intravenous sedation for your dentistry.

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

**Important Information** - If you do not understand any of these instructions, or if there is anything making you feel unusually apprehensive about your treatment, please ask Mr Rehal or a qualified member of staff. Our aim is to provide you with gentle and comfortable care.

Should you be ill, have a cold or a sore throat just before your appointment; please contact the practice immediately.

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

- All patients must be accompanied by an adult who remains in the practice throughout the procedure.
- Do arrive for your appointment 15 minutes early so that pre-treatment documentation can be completed.
- Do remove contact lenses.
- Do remove all make-up and nail varnish before your appointment.
- Do remove all jewellery before attending for your appointment.
- Do tie long hair back.
- Do continue to take routine medicines unless we otherwise instruct you.
- Do tell the surgeon if you have been to see your family doctor or attended hospital since your last appointment was made.
- Do give details of medicines, tablets or pills you are taking, on or off prescription, which you have not told us about.
- Do wear loose fitting clothes. It is particularly important for sleeves to be loose.

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

- Do not starve yourself before the appointment. It is important to eat a light meal about 2 -3 hours prior to your appointment.
- Do not drink any form of alcohol on the same day.
- Do not wear high heels.
- Do not bring anyone other than a responsible adult who will take you home – please do not bring any children to the appointment.

### Special Precautions after intravenous sedation

- Do rest for a few hours and spend the remainder of the day quietly.
- Do eat light and easily digestible food for the remainder of the day.
- Do continue to take any medicines, tablets or pills, which have been prescribed for you.
- Do not drive any vehicles, operate machinery or make any business decisions on the same day as your treatment as your reflexes and judgements may have been affected.

### PLEASE REMEMBER

As discussed at your assessment appointments, it is not our intention to put you fully to sleep during sedation. Sedation in our practice uses a single drug (Midazolam) to induce a relaxed state and allow your treatment to be undertaken in a comfortable, relaxed manner. We have carried out hundreds of procedures under sedation at our practice, with a very high success rate.

You must be accompanied by a responsible adult. Who remains in the practice throughout the procedure, and if you are not, your treatment will not be undertaken. In this situation a 'Failed to attend' charge will be levied. Although intravenous sedation generally provides excellent sedation for patients and helps to remove anxiety it does not act as a pain killer and you will be required to have local anaesthetic injections in your gums to facilitate treatment. This will mean that when you recover from your sedation the numbness will still be present for some time. All patients undergoing intravenous sedation have to receive local anaesthetic and this feeling is absolutely normal.

On rare occasions patients do not sedate very well, in fact, have a hyperactive response, which makes them upset and anxious. It may still be possible to complete your treatment if this occurs but it also may be necessary to halt your treatment and following this you may require referral to hospital, as sedation may not be suitable for you. It is impossible for us to assess this in patients pre-operatively.