



## Information and Agreement for patients having Intravenous Sedation

### What is intravenous sedation?

- Intravenous sedation involves using drugs making you feel less anxious and more relaxed. It may make you feel sleepy and less aware of what is happening.
- The sedative is given by injection into a vein (intravenous) in the arm or back of the hand.
- You will be awake and will still be able to talk and respond to instructions. This is not a general anaesthetic and it does not make you unconscious.

### What are the benefits?

- It reduces anxiety and stress associated with dental treatment.
- You will remember little or nothing about the procedure.
- Intravenous sedation can avoid the use of a general anaesthetic and the risks associated with it.

### What are the risks?

The risks are minimal:

- If you become too sleepy, you may be given a drug to reverse the effects.
- Reduction of oxygen in blood stream. This is due to reduced breathing during sedation. You may be asked by your clinician to take deep breath to correct this. Your breathing level will be monitored throughout the procedure.
- Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks:

- Allergic reaction to the sedative drugs that you have been given
- Vomiting

It is very important that you let the clinician know your medical history, including any medication you are taking, whether you think you may be pregnant, are breastfeeding and if you had any problems with having either general anaesthetic or sedation.

## What are the alternatives?

- The main alternative to intravenous sedation is a general anaesthetic where you are completely asleep during your operation. This is associated with increased risk and cannot be done if you have certain medical conditions.
- Local anaesthetic which means the area which needs treatment will feel numb, but you are completely alert during the procedure.

## What should I do on the day of my appointment?

- If you have a cough, or cold or other illness, please contact us before the appointment, as it may be necessary to postpone treatment.
- Make arrangements to have children looked after at home as we are unable to look after them whilst you are having your treatment.
- An escort will be required – if you attend without an escort, you will not be treated. An escort is an able-bodied adult who can take responsibility for you, to come with you to the appointment, stay in the waiting area and take you home.
- This person will need to stay with you over night.
- Your escort should not be looking after anyone else but you.
- You may have a light meal before the appointment for treatment.
- Wear loose comfortable clothing and remove any jewelry.
- Take regular medication as normal, unless you have been advised otherwise and bring in any drugs or inhalers you have been prescribed.
- Do not wear any make-up, nail polish or nail extensions.
- Use the bathroom before the start of treatment.

## What to expect?

- The clinician will explain the treatment planned and check that you understand what will happen. The dental nurse will take your blood pressure.
- You will be asked to lie back in the dental chair and have a small, plastic tube (cannula) placed in your arm or hand. The clinician will then give the sedation slowly through this tube. The dental team will monitor your breathing throughout treatment.
- You may remember little of the time that you are sedated.
- You may feel unsteady on your feet for some hours after the procedure.
- Your ability to think clearly or make judgments may be affected for the next 24 hours.
- Once you are sedated, the clinician will use local anaesthetic to numb the site of treatment.

## When will I be able to home?

- You should be ready to go home about 1-2 hours after the start of your treatment.
- You will be assessed to ensure you are ready to go home.
- Your clinician will give you any extra care instructions depending on the treatment carried out that day.

- You should travel home with your escort by car or taxi as the sedative drug affects your coordination. We advise you avoid using public transport.

## What should I avoid doing afterwards?

Your judgement will be affected by the sedative drug. This is similar to the effects of consuming alcohol.

You should not:

- Drive a motor vehicle or ride a bike for 24 hours after treatment.
- Operate machinery or electrical items of any kind.
- Drink alcohol.
- Take sedative drugs.
- Be responsible for other people / children.
- Return to work.
- Make significant decisions or sign any important documents.
- Climb heights (e.g. ladders, scaffolding).
- Avoid using the internet for personal communication or social media.

## What do I do when I get home?

You can eat and drink as soon as you get home; however, it is best to wait until the effects of any local anaesthetic have worn off (usually 2-3 hours).

## Contact us

ORAL SURGERY DEPARTMENT  
Surrey and Sussex Healthcare NHS Trust  
East Surrey Hospital  
Redhill Surrey RH1 5RH  
Tel: 01737 231 650

[www.surreyandsussex.nhs.uk](http://www.surreyandsussex.nhs.uk)

For medical advice please call NHS 111 or visit the NHS Choices website at [www.nhs.uk](http://www.nhs.uk)

## Tell us about your experience

We welcome your feedback and comments about our staff and services. This will help share what we do well, learn and make improvements. To share your compliments, comments, concerns or complaints please speak to the Patient Advice and Liaison Service (PALS) in the first instance.

### Patient Advice and Liaison Service (PALS)

PALS can provide confidential advice and support, and can negotiate prompt solutions by liaising with staff and, where appropriate, relevant organisations on your behalf. You can also ask a member of staff to contact PALS on your behalf.

Telephone: 01737 231 958

Email: [sash.pals@nhs.net](mailto:sash.pals@nhs.net)

Write to: PALS, East Surrey Hospital, Redhill, Surrey RH1 5RH

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Author: Oral Surgery Consultants

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