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# Having dental treatment under Intravenous Conscious Sedation

**Please note that if you are unable to comply with the instructions in this leaflet then your treatment may be cancelled.**

## **What is Intravenous Conscious Sedation?**

Many patients are anxious about dental treatment. Sedation aims to reduce anxiety, allowing you to accept dental treatment. It can also make you feel drowsy.

This form of sedation involves an injection into a vein in the back of the hand or the arm. It is normal to feel a sharp scratch, but a local anaesthetic paste or liquid can be used first to reduce the discomfort of the injection. The needle is used to put a Cannula (a thin flexible tube) into the vein, it is then removed immediately. Once the cannula is in place, the sedation drug can be given without using any more needles. The cannula remains in place until the dentist has checked that you have recovered from the sedation, but it will be removed before you go home.

**Usually a single drug called Midazolam is used.** The dose of the drug is tailored to the individual. You are still awake and able to talk to us although you may not remember your treatment. **Conscious sedation is not a general anaesthetic.**

Once you are feeling more relaxed a local anaesthetic cream may be used in the mouth to 'numb' the area to be treated. Any injections you need will then be given through this numbed area to minimise any discomfort.

After treatment you will stay in the department until the dentist and nurses feel you are ready to go home with your escort.

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## What problems might occur?

Conscious sedation is very safe. Your breathing and oxygen levels will be monitored throughout the procedure. Sometimes your oxygen levels may fall during the sedation. If this happens you may be asked to take a deep breath to correct this, or to breathe some oxygen through your nose. You may experience some discomfort or bruising at the site of injection of the sedative. You may also feel drowsy and forgetful afterwards. This can last 24 to 48 hours.

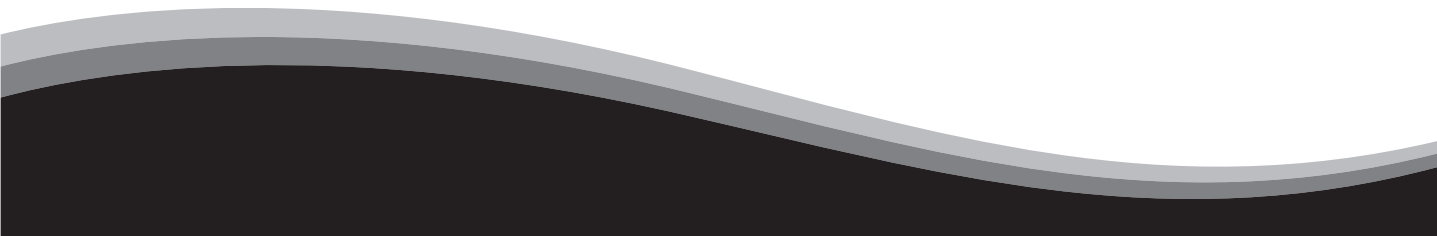
### Prior to your appointment:

- Take your routine medication at the normal time
- It is important that you do not have anything to eat or drink for two hours prior to your appointment, but have a light meal before this time.
- You must attend for your appointment with a responsible adult escort who must stay on the premises during your treatment and take you home afterwards. **Your treatment cannot be carried out if you attend on your own**
- Please wear loose fitting, comfortable clothes with **short sleeves allowing access to your arms** as we need to take your blood pressure and give the sedative
- Please wear flat shoes as you may be unsteady on your feet after treatment
- Please do not wear lipstick or nail varnish as this may interfere with our monitoring equipment
- Alcohol and recreational drugs will interfere with the sedative we use. Do not drink alcohol or use recreational drugs for 24 hours before or after your appointment

### On arrival for your appointment let us know:

- If you have seen your doctor/nurse or had any changes to your medical history since your last dental visit.
- If you are unwell.
- If you think you may be pregnant.
- If you have any concerns regarding your proposed treatment.
- If you are wearing contact lenses or have oral piercings as it is likely you will be asked to remove them.
- The person who brings you to your sedation appointment must stay at the clinic throughout your appointment and then take you home again afterwards.

### After your treatment and for the next 24 hours:

- Your escort must take you home by car or taxi - public transport is not suitable.
  - Relax for the rest of the day - do not do any strenuous exercise.
  - Arrange for somebody else to care for any children, elderly or sick relatives you usually have responsibility for.
  - Take your regular prescribed medication as usual.
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## **You should not:**

- Be left alone. You **must** have a responsible adult to stay with you and look after you
- Drive or ride a bike, your insurance would be invalid
- Climb ladders
- Operate machinery - including domestic appliances such as irons, kettles etc
- Travel alone
- Make important decisions or sign business or legal documents
- Return to work
- Take any other non-prescribed sedatives
- Use the internet for personal communication

We endeavour to keep to your appointment time but sometimes we may run behind, however, if you arrive late then we may need to reappoint you.

If you miss an appointment without first cancelling it, you will be discharged back to your own dentist.

If you keep cancelling appointments at short notice then we are likely to request a further assessment (non-treatment) visit.

We will always try to be helpful but we do need your cooperation.

**If you have any questions please ask a member of staff who would be happy to help.**

**If you have any problems after treatment, please contact:**

### **Opening hours:**

Monday - Thursday 8.30am - 5.00pm

Friday 8.30am - 4.30pm

**St Catherine's Health Centre Dental Clinic**

0151 514 6420

**Victoria Central Health Centre Dental Clinic**

0151 514 6266

**Leasowe**

0151 514 2340

### **Out of Hours:**

**Out of Hours Service 111**

**Revive Dental Care**

0161 476 9651

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)

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