

ADG Treatment Guide - Consent to Conscious Sedation

Options for Sedation Care



Your dentist has recommended that you have your dental treatment with the help of sedation. Sedation is when drugs are used to make you feel less anxious and more relaxed. It will make you drowsy, less aware of what is happening and with few memories of what has happened to you during your treatment. It does not make you unconscious and you will be aware of what is happening.

Once you are sedated, the dentist may use local anaesthetic around the site of the dental treatment. Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections you need will then be given through this numbed area to minimise any discomfort.

Sedative drugs (medicines) can be given in a number of ways. Your dentist will decide, with you, which type is the best for your planned dental treatment.

There are different levels of sedation and several methods can be used. You may have sedation:

- by breathing in gas through a nosepiece (inhalation)
- by injection into a vein in your hand or arm (intravenous)
- by swallowing a medicine (oral)
- by placing a medicine under your tongue or into the nose (transmucosal)

Your dentist will discuss the best method to use for you and your treatment. The dentist will identify the relevant information (within this document) about the type of sedation you will be having for your treatment. The dentist who agrees the plan for your treatment with sedation will give you some instructions to follow and refer you to these instructions within this guide. These are important for your safe and comfortable care.

For most types of sedation, you will need someone to come with you on the day of your treatment so that he or she can look after you when you go home. The dentist will confirm with you if you will need someone to act as an escort in this way. Your escort will also be given some important information about how best to look after you following your treatment under sedation.

This information is a general guide for patients having dental treatment with sedation. As part of the face-to-face discussions with your dentist, you may be given advice that is specific to your treatment plan. This may differ in some areas to the general principles outlined here. Before any treatment is started, the dentist will ask you to confirm your consent. This means that you understand the planned treatment and how you will receive the sedation.

If you have any questions or are unclear about having your sedation, then do not hesitate to ask your dentist.

Patient Escort Information

Please do ask you escort to read this section to ensure that you are supervised in the recovery period for your own safety.

You have been asked to accompany someone who is having dental treatment under sedation.

Patients can feel less anxious if they receive a sedative drug (medicine) before or during their dental treatment. The drugs used can cause some patients to feel a little disorientated or confused for a short time after the treatment. It is important that someone will be responsible for them and take care of them for the remainder of the day. Occasionally, it may be necessary for someone to stay with them overnight.

It is important that you follow these instructions. The patient will have been given a telephone number of who to contact if you have any concerns.

The patient will not be allowed to go home until the dentist is satisfied that the patient is in the care of a responsible adult (over 18 years of age). The escort must be present with the patient as they leave the dental surgery. Some patients take a little longer than others to be ready to go home so please be aware that a precise time cannot always be given.

The patient's judgement (ability to think clearly) is likely to be affected. Patients should not make any irreversible decisions for up to 24 hours following their treatment.

Patients should be encouraged to rest for a while once they are home. It is not recommended for them to be in charge of others until the next day. Care should be taken when cooking or using domestic appliances.

Patients should not drive a vehicle, ride a bicycle, operate machinery or drink alcohol until the following day and, in some cases, for up to 24 hours. The dentist will advise the patient on the day of treatment. Owing to the after-effects of the drugs used, care should be taken when using the internet for personal communication. The dentist will explain to the patient which pain relief medicines he or she may take. Patients should take their usual prescribed medicines unless directed otherwise by their doctor or dentist.

Please note – for patients who are receiving inhalational sedation there less of a need for a patient escort although this is still advisable.



Inhalational Sedation

Inhalation sedation means that the sedation is given as a gas. Anxiety is reduced by breathing nitrous oxide with oxygen, given as a mixed gas. The dentist will give you the gas through a nosepiece. This will not cover your mouth.



What to expect

It is usual to have two appointments. The first appointment will be for an assessment when your dental treatment under sedation will be planned and discussed with you. The dental treatment under sedation will take place at the second and subsequent appointments. If the treatment is needed as an emergency, it may be possible to have some treatment under sedation at the first appointment.

It is important that you let the dentist know your medical history and any medicines that you are taking.

If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time. You should let your dentist know if you are breastfeeding.

The dentist will confirm whether you need to restrict what you eat or drink on the day of treatment. If you have any questions or are unclear about having your sedation, then do not hesitate to ask your dentist.

As you receive the gas via a nosepiece, you may get a feeling of warmth throughout your body as well as some mild tingling and light-headedness. You will stay awake and in control of all your reflexes, such as coughing.

Once you are sedated with the gas, the dentist may use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injection that you may need can then be given through this numbed area to reduce the chance of any discomfort.

Some patients giggle and laugh as a result of the disinhibitory pharmacological effects of the nitrous oxide gas and this is useful to allay fear and anxiety.



After the treatment

Please read the post-operative instructions at the end of this guide.

Under 16 years of age?

The child in your care may require dental treatment under inhalation sedation. This will help the child feel less anxious, slightly drowsy, and more relaxed for the dental treatment. Inhalation sedation does not make the child unconscious. The child remains awake but may feel warm and detached. The child's memory of the treatment afterwards may be slightly reduced.

Inhalation sedation means that the child will breathe a mixture of nitrous oxide and oxygen from a nosepiece placed on the nose. This will have a relaxing effect.

Benefits and risks of inhalation sedation

Inhalation sedation is used to reduce anxiety and fear of dental treatment. This makes the child more co-operative. This is particularly helpful if the child is having a longer, uncomfortable or more complicated procedure. It is a widely used technique.

The dentist and members of the dental team are trained to give sedation. They watch the child closely and treat any problems that may develop. The nitrous oxide is completely breathed out of the body within several minutes of the end of the treatment. This means that the child can recover very quickly from this type of sedation.

The dentist will give the child some oxygen at the end of the sedation to help prevent the child feeling a bit sick or having a headache. The child will be asked to wait until the dentist has checked that he or she has fully recovered from the sedation. The child will not be allowed to go home with you until the dentist has checked this.

What to expect

It is usual to have two or more appointments. At the first appointment (assessment), the dentist will take a full dental history of the child. Various methods of providing the dental treatment with or without sedation will be explained. Other than in an emergency, the treatment will take place at the second or subsequent appointments.

If it is agreed that dental treatment with inhalation sedation is the best way to treat the child, then the dentist will confirm the child's medical history. If further information is required, the child's general medical practitioner or specialist will be contacted.

How to prepare your child

Before the treatment, the child in your care can eat normally but with only a light meal being taken up to 2 hours before the treatment. Please give the child any routine medicines as normal. Any medicines or inhalers that the child may need should be brought to the dental treatment appointment.

Written consent will be required from the parent/carer before any treatment can be given to the child. If you have agreed and signed the consent form at the assessment appointment, and you are then unable to attend on the day of the treatment, the child must be accompanied by a responsible adult (over 18 years of age).

The child should wear loose, comfortable clothing. No valuables should be brought to the appointment.

If the child is unwell on the day with cold/flu symptoms or any contagious illness, please contact the dentist for advice. The appointment may need to be rearranged. Please avoid bringing other children with you on the day of treatment.

What will happen during the sedation?

During the procedure, the child will breathe the nitrous oxide and oxygen through a nosepiece on the nose. The child may feel warm with tingly fingers and toes. Once the child is sedated, and feels drowsy and relaxed, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that the child may need can then be given through this numbed area to reduce the chance of any discomfort.

When the dental treatment is completed, the nitrous oxide mixture will be stopped and replaced with oxygen. The nosepiece will be taken off, and the child will be sat up in the dentist's chair and will continue to recover fully for a few minutes. The dentist or a member of the dental team will monitor the child during recovery.

The child will be able to leave the surgery/dental practice once he or she has fully recovered, is alert and is not feeling dizzy. This usually takes about 30 minutes after the treatment has ended. The child will be checked by the dentist before being allowed to go home.

The child may not participate in organised or active sports for the rest of the day but may be able to return to school. The dentist will discuss this with you.

The child can eat and drink normally after the treatment, but care should be taken if areas of the mouth are still numb to avoid lip, cheek or tongue biting. You will be given information relating to any local analgesia and the treatment the child has received. The dentist will explain which pain relief medicines the child may have while recovering and the local analgesia wears off. You will be given a telephone number of who to contact in case of any concerns.

Intravenous Sedation

Your dentist has recommended that you have intravenous sedation. This means that a sedative drug (medicine) is given to you by injection into a vein. The sedation makes you drowsy and helps reduce anxiety.

Intravenous sedation is usually given by using a single drug called midazolam. A dose of the drug is chosen for you individually. It is given by injection. This is usually into a vein in the back of your hand or in your arm through a cannula.



A cannula is a thin flexible tube. A needle is used to put the cannula in but is then removed immediately. It is normal to feel a sharp scratch when the cannula is inserted. A local anaesthetic paste or liquid can be used first to reduce the pain of the injection. Once the cannula is in the vein, the sedation drug can be given without using any more needles. The cannula remains in until the dentist has checked that you have recovered from the sedation, but it will be removed before you go home.

It is usual to have at least two appointments. The first appointment will be an assessment when your dental treatment under sedation will be planned and discussed with you. The dental treatment under sedation will take place at the second and subsequent appointments. If the treatment is needed as an emergency, it may be possible to have some treatment under sedation at the first appointment.

Your dentist and members of the dental team are trained to give sedation. They watch you closely and treat any problems that may develop. They are also required to use appropriate monitoring equipment during sedation. There will be a recovery area where you will be observed until you have made a full recovery from the sedation.

As with the administration of any medicines, there are risks associated with intravenous sedation. These might include:

- A reduction of oxygen in the blood stream due to poor breathing during sedation. You may be asked by your dentist/sedationist to take deep breaths to correct this. Your breathing and oxygen levels will be monitored throughout the procedure.
- Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks include allergic reactions to the sedative drugs that you have been given or vomiting during the procedure. Your dentist/ sedationist will discuss any concerns that you may have prior to the procedure taking place. It is important that you let the dentist know your medical history, including any medicines that you are taking. The dentist will need to know if you have ever had any problems with having either sedation or a general anaesthetic.

If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time. You should let the dentist know if you are breastfeeding.

Your dentist will discuss with you and explain what you are able to eat and drink prior to your appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

The information provided here is a general guide for patients having dental treatment with sedation. As part of the face-to-face discussions with your dentist, you may be given advice that is specific to your treatment plan. This may differ in some areas to the general principles outlined here.

Before any treatment is started, the dentist will ask you to confirm consent. This means that you understand the planned treatment and how you will receive the sedation.

What to expect

You will remain conscious during this kind of sedation. You may experience a temporary loss of memory during the time that you are sedated. Many patients have no memory of the procedure at all. You may feel unsteady on your feet for some hours after the procedure. Your ability to think clearly and make judgements may be affected for the next 24 hours. You may experience some forgetfulness.

Once you are sedated, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that you may need can be given through this numbed area to reduce the chance of any discomfort.

You will spend some time in the recovery area following your treatment. You will be checked by the dentist or the person giving you the sedation before you can go home. You must be accompanied by an able-bodied adult who can take responsibility for you following your treatment. This person may need to stay with you overnight. If arrangements have not been made for someone to accompany you after treatment, you will not be able to have the sedation. If you have any questions or are unclear about having your sedation, then do not hesitate to ask your dentist.

After the treatment

See below for post-operative advice.

Intravenous sedation: Parents or those with parental responsibility for children and young people aged under 16 years

What to expect

The various methods of dental treatment planned for the child will be discussed with you at an assessment appointment following a full dental examination. The dental treatment planned will then take place at a second or subsequent appointment. In an emergency, the treatment may be carried out on the same day as assessment. If it is agreed that intravenous sedation is the best way to treat the child, then the dentist will confirm:

- The child's height and weight
- The child's blood pressure – taken with a cuff on the child's arm. This may not happen for young children.
- The level of oxygen in the blood - taken with a simple clip on the child's finger
- The child's medical history. If further information is required at this stage, the child's general medical practitioner or specialist will be contacted.

If you have any questions or are unsure about the sedation planned for the child, do not hesitate to ask the dentist.

How to prepare your child

The dentist will discuss with you and explain what the child is able to eat and drink prior to the appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

Written consent will be required from the parent/carer before any treatment can be given to the child. If you have agreed and signed the consent form at the assessment appointment and you are then unable to attend with the child on the day of treatment, the child must be accompanied by a responsible adult (over 18 years of age).

Please give any routine medicines as normal. Any medicines or inhalers that the child may need should be brought with you to the appointment.

Dress your child in loose, comfortable clothing. No valuables should be brought to the appointment. If the child is unwell on the day of treatment with cold/flu symptoms or any contagious illness, please contact the dentist for advice. The appointment may need to be rearranged. Please avoid bringing other children with you on the day of treatment.

What will happen?

The child will be monitored during the procedure. This will include measurements of blood pressure, heart rate and oxygen levels at regular intervals. Once the child is sedated, and feels drowsy and relaxed, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that the child may need can then be given through this numbed area to reduce the chance of any discomfort.

After the treatment has finished, the child will spend some time in the recovery area and will not be allowed to go home until alert and responsive. The dentist will check the patient before he or she can go home.

The child may not return to school and should not participate in active sports for the rest of the day. You may wish to make plans about how best to travel home with the child following the treatment.

The child must be supervised by a responsible adult for the rest of the day. Arrangements may need to be made for the care of other children or elderly dependent relatives during this time. Children can be sleepy, upset or agitated for up to 3 hours after the treatment. They will, however, have little memory of the procedure. Occasionally, children feel a bit sick or may get hiccups. There may be some bruising on the hand or arm where the sedative medicine was given. You will be given information relating to any local analgesia and the treatment the child has received. The dental team will advise you about any medicines the child may need while recovering from the treatment. You will be given a telephone number of who to contact in case of any concerns.

Intravenous Sedation: Young people aged 12-16 years

Getting ready for your sedation

Before you have intravenous sedation, the dentist will ask you about your general health. If you have any long-term medical problems, the dentist will discuss these with you and your parent or guardian. The dentist will have also checked your height, weight, blood pressure (taken with a cuff that wraps around your arm) and oxygen levels in your blood, using a clip that attaches to your finger.

On the day of the treatment, you should take any regular medicines and bring your medicines or inhalers with you. If you have a cold or feel unwell, you or your parent/guardian will need to tell the dentist as you need to be as healthy as possible on the day of treatment. If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time.

Leave all jewellery and valuables at home. Do not wear excessive make up or any nail polish to the appointment. These can interfere with the monitoring equipment that is used while you are sedated.

Your dentist will discuss with you and explain what you are able to eat and drink prior to your appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

You will be asked to turn off your mobile phone during the appointment.

Clothing

Wear loose, comfortable clothing and flat shoes. If you wear contact lenses, you may need to remove them. You may need to bring your glasses or spare lenses to wear after the appointment.

Having the intravenous sedation

Your dentist or a member of the dental team may put an anaesthetic cream on the back of your hand or on your arm about 45–60 minutes before the appointment. You may be asked to do this at home or before you come to the dental surgery.

The cream makes the skin on your hand or arm go numb. The dentist (or doctor who will be helping with the sedation) will then place a cannula in a vein in your hand or arm. A cannula is a thin flexible tube. A needle is used to put the cannula in. The needle is then removed straight away but the cannula stays inside the vein. The anaesthetic cream placed on the hand or arm helps reduce the discomfort of having the cannula inserted.

Once the cannula is in the vein, the sedation drug can be injected through it without using any more needles. The cannula is left in until the dentist (or doctor) allows you to go home. He or she will check that you have recovered properly from the sedation before letting you leave the dental surgery.

Your parent or guardian will be with you until the sedative drug is given and will then usually wait for you outside the surgery while your teeth are treated.

While you are sedated and having your dental treatment

Once you are sedated, and feel drowsy and relaxed, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that you may need can then be given through this numbed area to reduce the chance of any discomfort.

A small clip will be put on your finger to measure your heart rate and the level of oxygen in your blood. Your blood pressure will be taken while you are sedated.

How will I feel?

You will feel drowsy and sleepy during the treatment. Afterwards you may not remember very much about the treatment.

Afterwards

See below for post-operative advice after sedation procedures.

Are there any risks to intravenous sedation I should know about?

Intravenous sedation is widely used but, as with taking any medicines, there are risks. Your dentist and members of the dental team are trained to give sedation. They watch you closely and treat any problems that may develop. The key risks are:

- A reduction of oxygen in the blood stream due to poor breathing during sedation. You may be asked by the dentist/sedationist to take deep breaths to correct this. Your breathing and oxygen levels will be monitored throughout the procedure.
- Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks are allergic reactions to the sedative drugs that you have been given or vomiting during the procedure. Your dentist/sedationist will discuss any concerns that you may have prior to the procedure taking place.

Before you are discharged, you will be given information about pain relief as well as how and when to take any prescription medicines. You will be given information relating to any local analgesia and the treatment you have received. You or your parent/guardian will be given a telephone number of who to contact if you have any concerns.

Intravenous Sedation with more than one drug

More than one sedative medicine can be used for people having more complicated dental procedures or those with severe anxiety. Your dentist will tell you if this applies to you.

A dose of the sedative drugs will be chosen for you individually and given by injection. This is usually into a vein in the back of your hand or in your arm through a cannula.

A cannula is a thin flexible tube. A needle is used to put the cannula in but is then removed immediately. It is normal to feel a sharp scratch when the cannula is inserted. A local anaesthetic paste or liquid can be used first to reduce the pain of the injection. Once the cannula is in the vein, the sedation drugs can be given without using any more needles. The cannula remains in until the dentist has checked that you have recovered from the sedation but it will be removed before you go home.

It is usual to have at least two appointments. The first appointment will be an assessment when your dental treatment under sedation will be planned and discussed with you. The dental treatment under sedation will take place at the second and subsequent appointments. If the treatment is needed as an emergency, it may be possible to have some treatment under sedation at the first appointment.

Your dentist and members of the dental team are trained to give sedation. They watch you closely and treat any problems that may develop. They are also required to use appropriate monitoring equipment during sedation. There will be a recovery area where you will be observed until you have made a full recovery from the sedation.

As with the administration of any medicines, there are risks associated with intravenous sedation. Sedation with more than one drug can increase the risk of complications. Risks include:

- A reduction of oxygen in the blood stream due to poor breathing during sedation. You may be asked by your dentist/ sedationist to take deep breaths to correct this. Your breathing and oxygen levels will be monitored throughout the procedure.
- Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks are allergic reactions to the sedative drugs that you have been given or vomiting during the procedure. There is a small risk of you becoming more deeply sedated than intended when having more than one sedative drug. Your dentist/sedationist will discuss any concerns that you may have prior to the procedure taking place.

It is important that you let the dentist know your medical history and any medicines that you are taking. The dentist will need to know if you have ever had any problems with having either sedation or a general anaesthetic.

If you think you may be pregnant, you should let the dentist know. You may need to come back to have your treatment at another time. You should let your dentist know if you are breastfeeding.

Your dentist will discuss with you and explain what you are able to eat and drink prior to your appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

The information provided here is a general guide for patients having dental treatment with sedation. As part of the face-to-face discussions with your dentist, you may be given advice that is specific to your treatment plan. This may differ in some areas to the general principles outlined here.

Before any treatment is started, the dentist will ask you to confirm consent. This means that you understand the planned treatment and how you will receive the sedation.

What to expect

You will remain conscious during this kind of sedation. You may experience a temporary loss of memory during the time that you are sedated. Many patients have no memory of the procedure at all. You may feel unsteady on your feet for some hours after the procedure. Your ability to think clearly and make judgements may be affected for the next 24 hours. You may experience some forgetfulness.

Once you are sedated, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that you may need can be given through this numbed area to reduce the chance of any discomfort.

You will spend some time in the recovery area (which may be the treatment room itself) following your treatment. You will be checked by the dentist or the person giving you the sedation before you can go home.

You must be accompanied by an able-bodied adult who can take responsibility for you following your treatment. This person must be able to stay with you overnight. If arrangements have not been made for someone to accompany you after treatment, you will not be able to have the sedation.

If you have any questions or are unclear about having your sedation, then do not hesitate to ask the dentist.

After the treatment

See below for post-operative care.

Intranasal (transmucosal) sedation and Oral Sedation

Transmucosal sedation involves squirting a sedative drug up a nostril with a mucosal atomisation device (atomiser). Oral sedation means that the sedation drugs are swallowed as a tablet or liquid. It takes about 10-20 minutes for the effects of the drug to work however the time of onset of oral sedation is not always predictable. Your sedationist will undertake an assessment to ensure that these forms of sedation are appropriate for you.

Once you are sedated, you may have a small cannula placed in the back of your hand or in your arm to be able to administer further drugs or emergency drugs. A cannula is a thin flexible tube. A needle is used to put the cannula in but is then removed immediately. It is normal to feel a sharp scratch when the cannula is inserted. A local anaesthetic paste or liquid can be used first to reduce the pain of the injection. Once the cannula is in the vein, the sedation drug can be given without using any more needles. The cannula remains in until the dentist has checked that you have recovered from the sedation, but it will be removed before you go home.

It is usual to have at least two appointments. The first appointment will be an assessment when your dental treatment under sedation will be planned and discussed with you. The dental treatment under sedation will take place at the second and subsequent appointments. If the treatment is needed as an emergency, it may be possible to have some treatment under sedation at the first appointment.

Your dentist and members of the dental team are trained to give sedation. They watch you closely and treat any problems that may develop. They are also required to use appropriate monitoring equipment during sedation. There will be a recovery area where you will be observed until you have made a full recovery from the sedation.

As with the administration of any medicines, there are risks associated with oral sedation. Risks include:

- A reduction of oxygen in the blood stream due to poor breathing during sedation. You may be asked by your dentist/ sedationist to take deep breaths to correct this. Your breathing and oxygen levels will be monitored throughout the procedure.
- Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks are allergic reactions to the sedative drugs that you have been given or vomiting during the procedure. Your dentist/ sedationist will discuss any concerns that you may have prior to the procedure taking place. It is important that you let the dentist know your medical history and any medicines that you are taking. The dentist will need to know if you have ever had any problems with having either sedation or a general anaesthetic.

If you think you may be pregnant, you should let the dentist know. You may need to come back to have your treatment at another time. You should let your dentist know if you are breastfeeding. Your dentist will discuss with you and explain what you are able to eat and drink prior to your appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

The information provided here is a general guide for patients having dental treatment with sedation. As part of the face-to-face discussions with your dentist, you may be given advice that is specific to your treatment plan. This may differ in some areas to the general principles outlined here.

Before any treatment is started, the dentist will ask you to confirm consent. This means that you understand the planned treatment and how you will receive the sedation.

What to expect

You will remain conscious during this kind of sedation. You may experience a temporary loss of memory during the time that you are sedated. Many patients have no memory of the procedure at all. You may also feel unsteady on your feet for some hours after the procedure. Your ability to think clearly and make judgements may be affected for the next 24 hours. You may experience some forgetfulness.

Once you are sedated, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that you may need can be given through this numbed area to reduce the chance of any discomfort.

You may spend some time in the recovery area (or treatment room) following your treatment. You will be checked by the dentist or the person giving you the sedation before you can go home. You must be accompanied by an able-bodied adult who can take responsibility for you following your treatment. This person may need to be able to stay with you overnight. If arrangements have not been made for someone to accompany you after treatment, you will not be able to have the sedation.

If you have any questions or are unclear about having your sedation, then do not hesitate to ask your dentist.

After the treatment

Please refer to the post-operative instructions cited below.

Summary of Post-operative care after a sedation procedure

- Your sedationist will discharge you when it is safe to do so, and once your vital signs are favourable.
- If you have received inhalational sedation, you may be discharged without an escort if the sedationist is happy to do so. It is advisable however to designate someone to look after you for at-least 2 hours after an inhalational sedation procedure so that they can contact us on your behalf if you suffer an adverse drug interaction or a complication because of dental procedures
- If you have received intravenous sedation, it is mandatory that you are discharged into the hands of a capable adult who can supervise you for the rest of the day and call us or emergency services if you suffer any complications such as an adverse drug reaction or a complication because of the dental procedures
- If you have received a cannula in the back of the hand or arm, you may have some bruising in the area. You may also be discharged with a roll of cotton wool/micropore/plaster to cover the injection site.
- It is normal for you to experience some memory loss after your procedure with some drugs used in sedation procedures. This is known as anterograde amnesia. Please do not worry if you experience some short-term memory loss. This is an effect of some of the sedative drugs.
- After any form of sedation, the use of various drugs and anxiety may result in nausea or headache. It is best to rest to allow your body to recover.
- After any sedation procedure, particularly after administration of an intravenous drug, your judgement will be impaired. It is important that you do not assume a position of responsibility after the sedation procedure. Neither should you engage in cooking, driving, or riding a bicycle, use sharp objects or operate machinery or similar until the following day.
- You should not sign legal documents or make irreversible decisions for at-least 24 hours following your treatment
- Care should be exercised in using the internet or social media for personal communication
- Be mindful that you may have also received a local anaesthetic, and your mouth will be numb. You must not consume hot beverages as you may burn your mouth as you may not realise how hot liquids are. If you attempt to eat while you are numb it is possible that you may bite or chew your lips or cheeks and will suffer bruising and scarring as a result
- It is likely that when you arrive home or to your destination with your escort that you will feel drowsy. It is wise that you relax and rest up. When you wake, you may feel nauseous. Alternatively, you may also feel very hungry. As long as you are not feeling nauseous, and as long as anaesthesia has worn off, it is fine to eat in moderation
- Be mindful that when the anaesthesia wears off your mouth may be sore as a result of dental procedures/extractions. You may need to consider eating soft foods that evening
- You will have received advice from your dentist before the sedation procedure about managing post-operative discomfort with analgesics or to take prescription medicines to manage your oral condition. Pain control usually involves use of mild non-steroidal anti-inflammatory analgesics such as Ibuprofen/Paracetamol and in the case of extensive work/oral surgery to lightly rinse your mouth with warm salt-water rinses. Aspirin is not recommended after minor oral surgery as this may cause blood thinning and result in further bleeding. It is also vital that when taking analgesics, you do not exceed the maximum recommended doses. In the event of unbearable pain, you must inform the dentist who carried out the procedure so that he/she can reassess the situation rather than overdosing on pain killers

- Should you experience any complications after hours, you should ring the practice number which will direct you to an emergency number to page the dentist on call.

I confirm that I have read and understood the information contained within this guide, and I have had the opportunity to ask questions. I feel that I understand the risks, benefits and limitations of the procedures described, and I understand that no promises or guarantees of the proposed outcome can be made. By signing this form, I am providing my explicit consent to render necessary treatment to assist my dental condition.

Name of Patient _____

Date of Birth _____

Patient signature _____ Dated _____

Parent/Guardian/
Legal Representative _____ Dated _____