

University Dental Hospital of Manchester
Department of Oral Surgery

Information for Patients

Intravenous Sedation

This information leaflet has been designed to explain your treatment and aftercare.

What is intravenous sedation?

You are having your treatment carried out under intravenous sedation in order to help you relax and remain calm during the procedure. Once you feel drowsy and sufficiently relaxed for treatment your mouth will be numbed and the treatment started. During the procedure you will feel more relaxed although you will be aware of what is going on around you. Many patients do not remember part or all of their treatment. At the end of your treatment you will be allowed to recover until you are fit enough to be discharged home with your escort. You will be observed for a **minimum** of one hour after the last dose of sedation is administered. The Trust is a teaching hospital and therefore students are likely to be involved in your treatment in some way, though are supervised by a fully qualified member of staff.

Before your treatment

It is essential that you follow these instructions otherwise your appointment may be cancelled:

- Nothing more than a light meal **4 hours** before your appointment (6 hours for anaesthetic led sedation). You can have clear fluids (such as tea without milk) up to **2 hours** before your procedure.
- Alcohol and recreational drugs including cannabis must not be consumed for at least 48 hours prior to your appointment as they affect the way the sedation works.
- Take routine medication as normal unless advised not to do so by the dentist or anaesthetist. If you use an inhaler please bring it with you.
- Remove all nail varnish or acrylic nails prior to your appointment.
- Sensible clothing is advised, no tight sleeves or high-heeled shoes.
- You need to arrange for an escort to attend the appointment with you and spend the following day at home with you, see below.
- You should have over the counter pain relief medication ready at home to use after your procedure, as we don't routinely give pain relief medication on prescription, use the same pain relief medication as you would for a headache.
- Paracetamol and ibuprofen are usually sufficient if you can take those. Always follow the instructions on the packet.
- Do not bring children or dependants with you to the appointment.

- We would ask you to **attend at least 15 minutes before your treatment time** so the nursing staff can admit you and get you ready for your procedure.

Escort requirements

A physically able, responsible adult (18 or over) must accompany you to your appointment and escort you home after treatment. Your escort should attend with you and remain in the waiting room throughout your treatment.

We cannot start the treatment until your escort is present.

Arrangements must be made to ensure that you are supervised for 24 hours after the procedure. It is essential that your escort gives full attention to you and therefore should not be responsible for children, elderly and/or dependant relatives during this period. A second responsible adult would be needed to look after children at home. Children under the age of 16 cannot come onto the unit on the treatment date. Your escort must be able to speak and understand English. If this is not possible please inform the nurse at the pre-assessment appointment so an interpreter can be arranged.

For 24 hours after your treatment

You and your escort must travel home by private car or taxi rather than public transport. You can take routine medication as normal, unless otherwise stated.

For 24 hours following the appointment, you must not:

- Return to work.
- Drive a car or other vehicle.
- Consume alcohol, recreational drugs or smoke.
- Operate machinery (including kitchen equipment, computers or phones).
- Climb heights (e.g. ladders, scaffolding).
- Care for other people such as children, elderly relatives or other dependants.
- Make important decisions (e.g. signing legal documents).
- The escort and patient need access to a telephone at home day and night in case you need to contact us.
- Do not breastfeed for 24 hours after treatment.



University Dental Hospital Manchester (0161) 393 7736 Monday to Friday 9.00 am-5.00pm.



<http://www.mft.nhs.uk/dental>

Emergency out of hours treatment is not available at the Dental Hospital. If you have serious concerns that cannot be dealt with during working hours, please contact your dentist or call 111, in an emergency attend your local Accident and Emergency Department.