

## Information for Patients

# Dental Treatment under Intravenous Sedation and Local Anaesthetic

This leaflet has been provided to you because you have opted to have your dental treatment under intravenous sedation. This leaflet aims to help you understand the treatment you are going to have and answers some commonly asked questions. Please read the following information carefully and make sure your escort also understands what they must do.

There is a separate information sheet for your escort and if you have any further questions please ask. All written information provided to you in leaflets is also available on our website. Please visit [www.mft.nhs.uk/dental/](http://www.mft.nhs.uk/dental/)

## What is Intravenous (IV) sedation?

IV sedation helps people to feel calmer and more relaxed. This makes lengthy or complex dental treatment more comfortable for you. It can help to reduce anxiety, stress, discomfort, memory and awareness of the procedure. You will have a sedative injected directly into a vein via a small cannula (plastic tube). This is normally inserted into the back of your hand or the crease of your elbow and taped onto your skin for the duration of the treatment.

If you are worried about the injection in the back of your hand or arm, we can consider arranging an anaesthetic cream that you can apply to the skin on the injection site before treatment. The cream needs to be applied to the skin 1 hour before your appointment time.

## Frequently asked questions

### Will I be awake during my treatment?

You will not be asleep during the dental treatment, even though you will be relaxed and drowsy. You will be conscious (awake) for all the treatment making it different to a general anaesthetic. You maintain your ability to breathe for yourself, and your ability to respond to us if required. Because of the medicine, you may not be able to remember all of the treatment carried out.

### Are there any risks?

IV sedation is safe and effective when supervised by a suitably trained dentist. It will help to reduce your anxiety and can make you feel drowsy, tired, cold and unsteady on your feet. We will keep you in the dental surgery until you are recovered, and it is safe for you to return home.

Sedation may result in partial or total memory loss of the procedure. Your dentist will explain what treatment has been performed to both you and your escort at the end of the appointment. Occasionally, the sedative can also make your breathing shallower. Your dentist will provide you with additional oxygen via some of your nose if necessary.

In some circumstances some people are resistant to the sedative and the sedation may be unsuccessful. Others may experience a paradoxical reaction where the sedative can make you feel more agitated and nervous. It is possible for any drugs and materials used to cause an allergic reaction. In the unlikely event this happens, the sedation procedure will be stopped, and the appropriate care will be provided to manage this reaction.

### **Are there any alternatives?**

Yes, there are several alternative options. Your dentist will discuss options with you as not every option is suitable or available for every patient. Alternatives include treatment with local anaesthetic alone, treatment with inhalation (gas) sedation, or general anaesthetic.

General anaesthetic is not routinely an option for anxious patients needing fillings or other restorative dental procedures.

### **Will I need an injection in the gum?**

For most dental procedures you will require a local anaesthetic injection. This will be given after you have been sedated. If you are concerned about the local anaesthetic injection, we can also use an anaesthetic gel on your gum so that the sensation is minimised.

### **How long will I be at the hospital?**

The treatment will be provided in a dental surgery unit within the hospital. You can expect to be in the hospital for at least 90 minutes, but this could be longer depending on what dental treatment you are having and your recovery time. Please ensure your escort makes adequate parking arrangements if you are travelling by car. Please do not arrange to do anything after your appointment. You will need to return straight home and rest to allow the effects of the sedative to wear off.

## **Pre- and post-treatment instructions**

There are several key instructions that must be followed before a treatment visit with sedation. We will give you a separate information leaflet with pre- and post-treatment instructions.

Crucially, anyone having treatment with intravenous sedation must attend with a suitable adult escort who can take them home by car or taxi. If this is not possible, we would need to discuss alternative treatment options with you.

## Consent

We are required to obtain your written consent for any procedure to be undertaken with sedation. Staff will explain risks, benefits and alternatives with you before they ask you to sign the consent form. If you are unaware about any aspect of your treatment, please do not hesitate to ask questions. You must confirm your consent for the procedure before the treatment starts.

Occasionally, due to unexpected findings during your sedation appointment, the nature of dental treatment able to be provided may need to change. You will not be able to make any important decisions about your treatment whilst you are sedated. We will inform you of any changes at the treatment visit and discuss these with you at the end of your appointment.

## Contact

 0161 393 7735 (Restorative Dentistry) or 0161 393 7736 (Oral Surgery)

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 <https://mft.nhs.uk/dental/>

