

## Information for Patients Undergoing Intravenous Sedation

### About the procedure

You will be having your treatment under intravenous sedation to help you relax and remain calm. The sedative is given through a small needle in the back of your hand or your arm. Once you feel drowsy and relaxed your mouth will be numbed with local anaesthetic and treatment started. During the procedure you will feel peaceful and often unaware of what is going on. Many patients do not remember part, or all, of their procedure.

A small amount of bruising may occur at the site the needle is placed in your arm or back of your hand.

After the procedure you will be allowed to recover until you are fit enough to be discharged with your escort.

For any additional information please contact DCO Dental Sale on:

0161 962 7465

### Before the appointment

- On the day of your appointment you may eat and drink up to two hours before your appointment, but any meal should be light, e.g. tea, toast, juice. Diabetic patients need to consider their regimes accordingly.
- Remove any nail varnish.
- Do not consume alcohol for at least 8 hours before your procedure.
- You must be accompanied by a responsible adult (over 18 years old) who is able to wait with you, escort you home and stay with you for the rest of the day. If this is not organized we cannot perform your procedure.
- Please make your own arrangements for transport home following your procedure. This should either be by car or taxi. Do not drive or use public transport.
- All routine medication should be taken as usual. Any medication you are taking should be brought with you (unless needed to be kept refrigerated) and discussed with the dental team before your sedation begins, e.g. medications for diabetes or asthma.
- Please inform us if you may be pregnant.
- Any illness occurring before the appointment should be reported immediately as it may affect the treatment.
- If you have any questions about the procedure please ask before the sedation and treatment starts.

### Following treatment

Although you think you have recovered quite quickly, the effects of your sedation may not have worn off completely until the next day. For the first 24 hours after the procedure it is important that you:

- Do not consume any alcohol

- Go home with your escort and rest quietly for the rest of the day
- Do not drive a vehicle or operate machinery
- Do not go out alone
- Do not make important decisions such as purchasing expensive items or signing important documents.
- Do not worry if you have difficulty remembering what has happened. This is called amnesia and is very common after sedation.
- Please take any medication you have been prescribed as directed, remember to always read the instruction label.

Local anaesthetic will be used to numb areas of your mouth. Until normal feeling returns:

- Take care not to chew your lips or cheeks as this can result in ulceration or soreness.
- Make sure that food and drink is not too hot as you may burn the numbed areas without feeling it.

### Aftercare

Your mouth may ooze some blood after the procedure. To reduce this to a minimum it is recommended that for the first 24 hours:

- Do not rinse your mouth with water or mouthwash
- Only have cold drinks and cool soft food. Avoid hot drinks and food
- Do not hold anything against the side of your face
- Avoid excessive exercise
- Do not smoke or drink alcohol

After 24 hours you can brush your teeth and use warm salt water mouthwashes after meals for 3-4 days. This is made by mixing 1 level teaspoon of salt into a glass of warm water. Use this solution to gently bathe the operation site for several minutes.

If the bleeding seems quite heavy:

- Roll up a clean cotton handkerchief or tea towel
- Place it over the wound
- Bite hard on it for 15 minutes
- Don't use tissue or cotton wool as pieces may get left in the wound
- This can be done up to three times. If bleeding continues call [telephone number] for advice.

Any discomfort or stiffness should start to settle within 3 - 4 days.

If you have any numbness or altered sensation affecting your tongue, lip or chin persisting for more than 1 hour please call 0161 962 7465 for advice.

Pain relief such as ibuprofen or paracetamol can be taken as instructed on the packet instructions, as long as you have no medical conditions which mean that you can't take these medications. If in doubt please contact us or your GP.

All this information can be downloaded from our online document section.