

Intravenous Conscious Sedation: Patient Guide

Overview

Intravenous Conscious Sedation is a method used to help you relax and cope with dental treatment, especially during lengthy or uncomfortable procedures. This is not general anaesthesia—you will remain conscious but may not remember the procedure. The sedation is performed by Dr. Biju Philip, who is an experienced anaesthetist at Olive Dental Care.

The dentist or anaesthetist will assess you and discuss the sedation with you. If the treatment is needed as an emergency, it may be possible to have some treatment under sedation at the first appointment itself, provided the anaesthetist, dentist and the client are happy with it.

Key Details

Sedation Process: A sedative is administered via a cannula (small tube) in your hand or arm. You'll feel a brief scratch when the cannula is inserted. The sedative relaxes you while local anaesthetics numb the treatment area.

Monitoring: Your vital signs (oxygen levels, breathing) will be closely monitored during the procedure.

Recovery: You will stay in the chair after the treatment until the sedation has worn off. Full recovery might take a few hours.

Risks and Side Effects

While sedation is generally safe, risks include:

- Reduced oxygen levels (corrected by deep breathing if necessary)
- Bruising at the cannula site (fades within a few days)
- Rare allergic reactions or vomiting during the procedure

Inform your dentist if you are pregnant, breastfeeding, or have any medical history related to sedation or anaesthesia.

Before Your Appointment

Fasting: Do not eat or drink for three hours before your appointment. Have a light meal (toast, tea, juice) before this. You can continue to have water (no fizzy drinks or squash) up to the time of the procedure.

Alcohol: Avoid alcohol for at least eight hours before your procedure as it can interfere with the sedatives.

Medications: Take your regular medicines unless your dentist advises otherwise.

Health: Report any illness before the appointment as it may affect your treatment.

Escort: You must bring a responsible adult (over 16) to accompany you. They will stay in the waiting room during the procedure, take you home by private car (not public transport), and assist you for the next 24 hours.

What to expect on the day?

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.

After the Treatment

For 24 hours after sedation, you must not:

- Drive or operate machinery
- Use domestic appliances or cook
- Make important decisions or sign legal documents
- Drink alcohol or return to work

Pain Management

For pain relief, take over-the-counter medicines like paracetamol or ibuprofen. Continue your regular medications as directed by your dentist.

Emergency Contact — If you have any concerns after the procedure, you can reach us at:

During working hours: 01638577031

Out of hours: 07725120064

NHS Emergency (if necessary): Call 111

Escort Instructions for Accompanying Adults

As an escort, your role is vital in ensuring the patient's safety after sedation. Post-treatment, patients may feel disoriented or confused, and their judgment will be impaired for up to 24 hours. You should:

1. Ensure the patient gets home safely.
2. Be available to assist the patient for the remainder of the day, and in some cases, overnight.
3. Prevent the patient from driving, operating machinery, or making important decisions for 24 hours.
4. Encourage rest and avoid activities that require focus, such as cooking.
5. Follow the dentist's instructions regarding pain relief and medication.

In case of emergency:

Practice: 01638577031 (working hours)

Out of hours: 07725120064

If unreachable: Call 111.