

Intravenous sedation pre and post operative

Head & Neck Outpatients

Introduction

This information leaflet will provide you, the patient, with the instructions for having an Intravenous Sedation Surgical Procedure in the Outpatient Department.

What is conscious sedation?

Conscious sedation in dentistry is the use of controlled drugs to make you feel less anxious and more relaxed about your treatment. It will make you drowsy and less aware of what is happening for up to 24 hours. Sometimes with few or no memories of the treatment you had. It does not make you unconscious (you will not be asleep).

What are the alternatives?

The alternative treatment options include local anaesthesia (numbing injections) or general anaesthesia (being put to sleep), though their suitability is based on an individual case assessment.

What will happen before my appointment?

Before your appointment for treatment, you will have had a pre-assessment to check your suitability and also some important before and after instructions. These will have been provided verbally, with the written instructions stated later in this leaflet. If you have any questions or are unclear about having sedation, please contact us as soon as possible.

What is intravenous sedation?

The method we use to sedate is by an injection into a vein in your hand / arm, with the drug (midazolam) delivered through a line. The amount of drug given depends on the individual and therefore the operation or procedure duration can vary.

Your surgeon and members of the team are trained to give sedation. They watch you closely using appropriate monitoring equipment. There will be an area after treatment where you will be observed until you have made a full recovery.

There are some risks associated with intravenous sedation:

- Memory loss during the procedure, that differs from person to person. This may vary from no memory loss to complete memory loss of the procedure
- Less oxygen in the bloodstream due to poor breathing during sedation, corrected by deep breaths or extra oxygen

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

- Bruising at the site of the injection which may take several days to fade completely
- Very rare risks include allergic reactions to the sedative drugs or vomiting during the procedure

If you think you may be pregnant, your treatment must be delayed. If you are breastfeeding, please let the team know.

What will happen on the day of procedure

You will be given an intravenous drug to relax you therefore, you will need to be accompanied on the day.

It is a requirement that a responsible adult (over 18 years old) will accompany you to your appointment and that this person waits during your operation in our waiting area for approximately 2 hours, until the procedure has finished and the patient has been released to go home. They should accompany you here and back home by car / taxi.

That person, or another similar responsible adult, should stay with you until the next morning. The responsible adult should not have to be responsible for other people / children during that day.

Please do not:

- Smoke, consume any alcohol or recreational drugs (such as cannabis). Please tell the surgeon if you do. You **must not** take any **recreational drugs for at least 48 hours prior** to the procedure
- Take any sleeping tablets the day before your procedure
- Do not starve yourself, eat a light meal 6 hours prior to your appointment (for example, toast / cereal)
- Do not wear nail varnish or make up

You must:

- Wear flat shoes and loose clothing (so that we can roll up your sleeves)
- Take your routine medication and bring any inhalers with you
- Contact us if your medical condition / medicines change before your appointment
- Bring sufficient money to pay for car parking (if applicable) and to pay for any prescriptions that maybe issued
- Nursing mothers to express milk prior appointment, as you will be unable to breastfeed 12 hours after your appointment

If any of the above measures are not followed your treatment may be cancelled.

Optional:

- You may have a drink of water up to 2 hours prior to your appointment of clear fluid, if required

After your treatment (24 hours)

Please note you may experience some loss of memory of events around the procedure, therefore: -

You must:

- Travel home with your escort by car or taxi
- Rest at home with a responsible adult, until the next morning
- If you are concerned about the well-being of the patient (for example vomiting, drowsiness or feeling severely unwell) please seek advise using the contact details on the next page

You must NOT:

- Drive a motor vehicle or ride a bike
- Cook or use hot liquids
- Operate machinery

- Make any important decisions or sign papers for example, legal documents or banking
- Drink alcohol or use illegal drugs
- Take sleeping tablets
- Be responsible for yourself or others (including children)
- Smoke for 2 days (as this may cause an infection)
- Make yourself inaccessible to others (for example, by locking the bathroom doors)

Departmental Contact Details:

If you require any further information before or after your procedure, please contact us:

Head and Neck A25

01902 695420 (Monday – Friday, 8.30 am – 5.00 pm)

01902 695043 (Evening and Weekends / Bank Holidays)

Please notify us if you are not going to attend so that the appointment may be reallocated.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。