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Intravenous sedation

What to do before and after your dental treatment with intravenous sedation

Intravenous sedation is a small injection of a drug that makes you feel much more relaxed about your dental treatment. However, your dentist will only be able to treat you with intravenous sedation if you follow these instructions.

Before your appointment, you must:

- Confirm that you will be attending your appointment.
- Bring a responsible adult with you. They **must** be able to wait in the dental premises and escort you home afterwards.
- Arrange for a responsible adult to look after you for the rest of the day.
- Arrange the care of young children and collecting children from school.

Do:

- **Do** have a light meal and non-alcoholic drink **two hours before** your appointment, for example toast, a sandwich, coffee, tea, or fruit juice.
- **Do** wear loose clothing which allows you to roll your sleeves up and does not constrict breathing
- **Do** wear flat-heeled shoes.
- **Do** take routine medications, tablets or pills at the usual times. Bring them with you (including inhalers) to show your dentist.
- **Do** phone the clinic for advice if:
 - you are ill
 - your medication changes before your appointment
 - you become pregnant.

Do not:

- **Do not** bring children to the appointment with you.
- **Do not** drink alcohol or take recreational drugs for 24 hours before your appointment.

It will help us if you:

- Remove nail varnish or acrylic nails.
- Arrange to travel home by private car or taxi rather than public transport.



During your treatment

Your dentist will inject a small quantity of the drug into a vein in the back of your hand or arm. This makes you feel much more relaxed about the treatment and it reduces your fears and anxieties.

The drug is given slowly until you become relaxed and able to cope with treatment. Although you will not go to sleep you may think that you have been. Many people cannot remember very much about treatment afterwards.

During sedation your pulse and breathing will be monitored by a clip on your finger and you may be given extra oxygen to breathe.

After your appointment

After your dental treatment, you will be discharged into the care of your escort. You should go home and rest quietly for the remainder of the day. You may experience bruising on the back of your hand where the sedative was given.

You may feel drowsy, disorientated and forgetful for many hours as the effect of the sedation takes time to wear off. It may be as long as 24 hours until you are fully recovered from your sedation – your sedationist will be happy to discuss this with you. Until you are fully recovered:

- **Do not** drink alcohol
- **Do not** plan to drive or operate machinery
- **Do not** make important decisions or sign legal documents
- **Do not** try shopping or banking on the internet

Please feel free to ask the sedation nurse or dentist any questions you may have about your treatment. If you are worried or have any problems after your treatment please phone us on the numbers shown below.

Contact us

Carlisle Dental Centre	01228 608199
Dental Clinic, Penrith Health Centre	01768 245389
Dental Clinic, Workington Community Hospital	01900 705064
Dental Clinic, West Cumberland Hospital	01946 693181 X4286
Cleator Moor Dental Centre	01946 853342
Dental Clinic, Ulverston Health Centre	01229 402680
Dental Department, Westmorland General Hospital, Kendal	01539 739764

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890** E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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