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IMPORTANT INFORMATION – MUST READ

Conscious Sedation (CS) is a technique that is designed to relax you during selected medical and dental procedures. In Intravenous Conscious Sedation, the use of a sedative drug or drugs, administered via a needle that is placed in an accessible vein for the duration of the procedure, produces an altered state of consciousness under which treatment is carried out. During the surgery you will be drowsy, calm and vaguely aware of your surroundings, but you will have no pain or anxiety events. Intravenous sedation is very safe, but as with any anaesthetic there may be the very rare complication such as nausea, allergic reaction, emotional effects, and local pain or bruising at the injection site.

In order to ensure that you are adequately and safely sedated, you will be closely observed throughout your sedation, which involves both clinical and appropriate electronic monitoring.

- You will be in a relaxed, anxiety-free and pain-free state
- You will remain conscious but drowsy
- You will be able to understand and respond to requests from your surgeon
- You may not remember much (if anything) of your treatment

Pre Sedation Instructions

1. Please arrive 15 minutes before your appointment.
2. Please take your regular medication at the usual times with a small amount of water
3. Asthma sufferers are required to bring inhalers to the appointment, and insulin dependant diabetics must bring their blood glucose monitoring devices.
4. Smoking and alcohol intake should be avoided for 24 hours prior to your appointment. Use of recreational drugs is not permitted for 48 hours prior to treatment.
5. Ensure that you have emptied your bladder prior to going into the surgery.
6. Please wear loose fitting clothing so that we can gain access to the forearm and elbow area for cannulation and electronic monitoring. Avoid heavy make-up, nail varnish and jewellery. Wear flat shoes as you may be unsteady afterwards.
7. If you wear contact lenses, please bring your lens container with you, as you may be asked to remove your lenses.
8. Please arrange for a RESPONSIBLE ADULT to escort you home, preferably by car or taxi, and stay with you for a few hours. Guidelines do not allow us to send you home on your own.
9. Do not eat any food for 6 hours before to the appointment. You may only drink water up to 2 hours before the appointment. If you are unable to comply with these instructions please contact us immediately.

Post Sedation Instructions

1. The sedation may produce TEMPORARY AMNESIA, which rarely lasts more than a few hours.
2. A responsible adult will be required to escort you home after the procedure, either by car or taxi. This person will also receive instructions about your aftercare, and should ideally remain with you for the remainder of the day.
3. Take your regular medication as usual.
4. Please DO NOT take alcohol for the remainder of the day.
5. Avoid breastfeeding for 24 hours afterwards.
6. It can take up to 24 hours for the sedative drugs to be eliminated from your body and for you to fully recover from the effects of sedation (drowsiness, loss of memory, lack of awareness and coordination, etc). Therefore, however well you may feel, PLEASE DO NOT:
 - Drive a vehicle (insurance will be void) or cycle
 - Use electrical equipment, cook or operate machinery
 - Care for children or dependant adults
 - Make important decisions, sign important documents or perform complicated tasks
 - Use alcohol, sleeping tablets, tobacco or recreational drugs
7. We do not anticipate you having any complications, but should you become concerned about anything, however trivial, please contact us immediately.

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FREQUENTLY ASKED QUESTIONS

Why am I having sedation?

Conscious Sedation (CS) is clearly useful for patients who have a fear or anxiety about having minor surgical or dental treatment. Sometimes, the dentist or surgeon may request the sedation in order to make the treatment more comfortable for you or to create the optimal working conditions. In dentistry CS is particularly useful for patients with a strong gag reflex, small mouth opening or those individuals with a low tolerance to pain. It is also well suited for patients who fear the administration of local anaesthetic injections.

What are my options?

You may choose:

Not to have treatment

Have the treatment with local anaesthesia only

Have the treatment under conscious sedation and local anaesthesia

Have general anaesthesia in a hospital environment

What are the risks and disadvantages?

Very rarely you may experience:

Discomfort or bruising at the site of infection

Vein irritation (phlebitis), which can last a week and can be painful. This rarely happens when an elbow vein is used.

Allergic reaction to any of the drugs used. Allergic reactions to the sedative drugs are extremely rare.

Nausea and vomiting, although uncommon, may occur.

Conscious Sedation is a very safe procedure, however, the very rare complications should be mentioned: depressed respiration (slowing or stopped breathing), brain damage, stroke, heart attack or even a fatal outcome. The information that you give us on the attached medical history form will assist us to decide whether you might be at risk to any known complications.

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Your sedationist is highly experienced in avoiding complications and is trained to deal with unexpected problems.

If I am conscious during the procedure why shall I not remember what happened afterwards?

Conscious Sedation induces a state of deep relaxation. In over 90% of people the drugs used for conscious sedation produce either partial or full memory loss (amnesia) for the period of time when the drug first kicks in until it wears off. As a result, time will appear to pass very quickly. Consequently, people who remember nothing at all, frequently report that they were "asleep" during the procedure.

Is it still necessary to have local anaesthetic if I have CS?

The Conscious Sedation drugs are given to relax you whilst the local anaesthetic drugs will take the pain away. The local anaesthetic will be administered after the sedation has taken effect.

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Local anaesthetics don't work well on me. Will C S help?

Under sedation your tolerance to pain is much higher. Therefore the surgeon is able to use more local anaesthetic and has more options in the various techniques of administering local anaesthesia. You will not be in pain under conscious sedation.

Will the sedationist be present all the time?

Yes, the sedationist will be at your side all the time. In addition your pulse, oxygen levels and blood pressure are constantly monitored and recorded to ensure your wellbeing.

What drugs are used? Are there different types of IV sedation?

The most commonly used drug for conscious sedation is Midazolam, which belongs to the same family of drugs as Valium. However, in order to make the injections in the mouth almost painless and also to produce a better quality of sedation your sedationist may choose to add an opiate and/or Propofol or other drugs in controlled and titrated doses. Propofol allows for a much faster recovery but needs a dedicated trained sedationist to be present throughout the procedure.

What about eating and drinking and taking medication before Conscious Sedation?

In the unlikely event that you may feel sick after your treatment, it is safer for you not to eat anything for six hours before your appointment. However, you may drink water up to two hours before your appointment. Please continue to take your regular medication at the usual times with a little water. If you suffer from diabetes or have other dietary problems please discuss this with your sedationist before your appointment.

Will someone need to accompany me?

Yes. Due to the sedative effects of the medication you will need a responsible adult to accompany you home, preferably by car or taxi.

What happens if I do not have anyone to take me home after the appointment?

To comply with Guidelines and for your own safety we must insist that you have a responsible adult to take you home after your appointment. In the event that you have no escort on the day of the sedation, your appointment may be cancelled and you will be charged in full. If you have no one to take you home we can arrange for a nurse to escort you home and stay with you. This will be at an additional cost and must be pre-arranged and pre-paid at least seven days prior to the appointment.

How long will I be under Conscious Sedation?

The length of your appointment will depend upon the procedure. There will also be a recovery period of 20 minutes before you are discharged into the care of your escort. The sedative effect of the drugs will gradually wear off during the course of the day. Most patients are well enough to return to their normal activities within 24 hours depending on the nature of their work.

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