

## Instructions for Intravenous Sedation

### Before the sedation visit:

- You can have a light meal and non-alcoholic drinks up to **4 hours** before the appointment
- Do not consume alcoholic drinks for 24 hours before your sedation appointment
- Tell the dentist if you have been prescribed any new medicines or have visited your GP since your previous visit
- Take any prescription medicines as normal; the dentist will have already checked that these are compatible with the sedative used
- Wear FLAT shoes as you may be unsteady on your feet for a couple of hours following the sedation visit
- You **MUST** bring a responsible adult with you to the sedation visit. They **MUST** remain here during your treatment and **MUST** escort you home. We will not be able to carry out the sedation treatment unless this person is actually present
- Do not wear any nail varnish or false nails as we need to place a pulse monitor that shines a light through your fingernail during the treatment

### After the sedation visit:

- Do not drive a vehicle for 24 hours
- Do not operate machinery, look after small children or carry out any dangerous tasks requiring concentration for 24 hours
- Do not consume alcohol or sleeping tablets for 24 hours following sedation as these may interact with the sedative that is still in your body
- Ensure you have a responsible adult with you for 24 hours

### Commonly Asked Questions:

#### **Q: What is intravenous sedation?**

A: Intravenous or IV sedation is a technique used to remove anxiety during a dental visit. A small cannula is placed into a vein in your arm or back of the hand and a sedative drug is administered. The sedative works very quickly and you feel instantly relaxed. The dentist, who aims to make you totally relaxed whilst still being able to co-operate, controls the level of sedation. The full sedative effects last for about an hour, allowing a lot of dental treatment to be carried out if necessary.

#### **Q: Will I remember the treatment?**

A: Generally not. Most people have no recollection from the point when the sedative is administered to the time you get home. This feature of sedation makes it excellent for people who do not wish to remember unpleasant procedures such as removal of wisdom teeth.

#### **Q: What happens after the treatment session?**

A: We keep you in our waiting room or in the dental chair as the sedative starts to wear off. Generally this takes between 15-30 minutes. We will only allow you to leave when we are happy that all is well. We will be on hand while you recover should you have any problems.

#### **Q: Will I feel sick afterwards?**

A: No. Unlike a general anaesthetic, there is usually no feeling of nausea afterwards. This is due to the fact that very different drugs are used. You will however have a very good nights sleep following your sedation.

#### **Q: My friend wants to go shopping whilst I have my treatment, is that OK?**

A: No. The responsible adult that accompanies you **MUST** arrive with you and remain in our waiting room for the entire treatment and recovery afterwards. They cannot leave the building.

**If you have any queries between now and your sedation appointment, please contact the practice on 03 379 6222**