

Patient information

Inhalation and Intravenous Conscious Sedation for Children and Adolescents

Liverpool University Dental Hospital

Please read this leaflet carefully. If you have any queries, please ask at your child's assessment/ consultation appointment.

Tel: 0151 706 5022

Text phone number: 18001 0151 706 5022

We have several ways of helping your child to reduce their anxiety and fear during their dental treatment. One method is to offer treatment with the help of a sedative drug.

Conscious sedation will help them feel physically and mentally relaxed. Your child will feel more comfortable and better able to accept dental treatment.

How could sedation help your child?

Your child may benefit from sedation if they:

- Are anxious during dental treatment.
- Have an involuntary movement disorder e.g. cerebral palsy.
- Have severe gagging (retching) during dental treatment.
- Have a medical condition that may be made worse by treatment that they find stressful.

Your child will still need a local anaesthetic injection in their mouth for extractions, oral surgery and most fillings.

Types of sedation

The two types of sedation methods we offer are:

- **Inhalation sedation.** This involves you receiving a mixture of two gases (nitrous oxide and oxygen) through a small nasal mask that remains present throughout treatment. It is also called **gas and air** or **relative analgesia** and is similar to Entonox used during childbirth.
- **Intravenous sedation.** Sedatives are slowly injected into a vein in your arm or hand - you feel sedated within a few minutes. If you are frightened of needles we can put an anaesthetic cream at the injection site. We need to plan for this as it takes around 30 minutes to make the skin go numb

Occasionally a combination of the two techniques can be used.

Does my child need to do anything special on the day of their sedation appointment?

Yes. We will give you and your child a patient information leaflet with instructions you and your child need to follow before and after their sedation appointment. You and your child will also be told about what they need to do at your child's assessment/ consultation visit. We have found that patients often forget the following important instructions:

- Your child will need to be accompanied by an escort (a responsible adult) to their appointment
- The escort must stay with your child and look after them until the next morning.
- Follow the fasting instructions given to your child at their assessment
- Your child's judgement will be impaired following sedation and they may feel drowsy.

Until the next morning your child must not:

- Travel alone.
- Drive any vehicle e.g. car, bicycle or scooter.
- Operate machinery (including domestic appliances such as a kettle).
- Climb ladders.
- Make important decisions.
- Drink alcohol, take any recreational drugs.
- Return to school/work within 12 hours of treatment. Your child's general health and any medicines they are taking may increase the time they need off school/college/work.
- Be wary of using the internet/ social media (your child's judgement may be impaired).

Your child should

- Take it easy for the rest of the day, avoiding strenuous activity.
- Take their medications as usual.

Your child will be given an information sheet if they are to receive their treatment with sedation - please read it carefully.

Frequently Asked Questions

Is my child asleep for the treatment?

No. Sedation is not the same as receiving a general anaesthetic.

Will my child need to starve before their appointment?

We will give you specific instructions about eating and drinking before your appointment which are best for your child.

Will my child remember the treatment?

Many patients remember the treatment and are usually pleasantly surprised! A number of patients who receive Intravenous sedation don't remember but this is not predictable.

What will happen if my child's escort does not attend?

Your child will not receive sedation. We cannot start treatment under sedation until **we** have **seen** your child's escort.

How long will my child's appointment be?

Usually around one hour, but it will be longer if you are receiving topical anaesthetic cream or having a lot of treatment.

Are there any risks with sedation?

All drugs have unwanted effects.

Inhalation sedation is unlikely to cause any problems.

Intravenous sedation is very safe but can have more side effects. Commonly patients can be a little unsteady on their feet and may be more forgetful until the next morning. Your child's memory of the treatment session may be affected, some patients do not remember any of the treatment however this cannot be guaranteed. There may be some discomfort or bruising at the site of the injection of the sedative

Your child's general health may influence these risks and it is important that you give us full details about any health problems your child may have.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

This is a teaching hospital and students, under supervision, may be involved in the provision of your care. If you do not want students to be involved please say so.

Further Information

Paediatric Dental Department

Tel: 0151 706 5022

Text phone number: 18001 0151 706 5022

Author: Liverpool University Dental Hospital

Review date: November 2024

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه پسمند کراون، نه‌گمر داوا بکرنیت له فورمات‌ه‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گموره، شریتی دهنگ، هیلای موون و نه‌لیکترونیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhaddo kale, sida luqaddo kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.