

Patient information

Conscious Sedation for Adults

Liverpool University Dental Hospital

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

Tel: 0151 706 5530 Text phone number: 18001 0151 706 5530

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

Conscious sedation will help you feel physically and mentally relaxed. You will feel more comfortable and better able to accept dental treatment.

How could sedation help me?

You may benefit from sedation if you

- Suffer from anxiety during dental treatment.
- Have an involuntary movement disorder such as Parkinson's disease, cerebral palsy.
- Have severe gagging (retching) during dental treatment.
- Have a medical condition that may be made worse by treatment that you find stressful.

You will still need a local anaesthetic injection in your mouth for extractions, oral surgery and most fillings.

Types of sedation

The sedation methods we use most commonly are:

- **Inhalation sedation** - This involves you receiving a mixture of two gases (nitrous oxide and oxygen) through a small nasal mask that remains present during treatment. It is also called gas and air or relative analgesia and is similar to Entonox used during childbirth.
- **Oral sedation** - This is usually a liquid called midazolam* that is taken by mouth. It takes around 30 minutes to become effective.

- **Intravenous sedation** - Sedatives are slowly injected into a tube placed 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.
- **Intranasal midazolam***- The sedative is sprayed into your nostrils and takes around 15 minutes to work.

Occasionally a combination of the above techniques is used.

* Midazolam is not licensed for oral or intranasal use, but it is commonly given to patients in this way. Please ask if you would like further information.

Do I need to do anything special on the day of my sedation appointment?

Yes. We will give you an instruction sheet listing the special things you need to know about your sedation appointment and your aftercare. You will also be told about what you need to do at your assessment/ consultation visit.

We have found that patients often forget the following important instructions:

- You will need to bring an escort (a responsible adult) with you to your appointment, do not bring children.
- Your escort must stay with you and look after you until the next morning
- Follow the fasting instructions given to you at your assessment.
- Your judgement will be impaired following sedation and you may feel drowsy.

Until the next day you must not:

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

You should

- Take it easy for the rest of the day, avoiding strenuous activity.
- Take your medications as usual.
- Ensure someone else cares for any children or elderly or sick relatives you usually look after.

You will be given an information sheet if you are to receive your treatment with sedation - please read it carefully.

Frequently Asked Questions

Am I asleep for the treatment?

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

Do I have to starve before my appointment?

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

Will I remember the treatment?

Many patients remember the treatment and are usually pleasantly surprised! A large number of patients who receive intravenous sedation don't remember but this is not predictable and some patients are affected more than others.

What will happen if my escort does not attend?

You will not receive sedation. We will not start your treatment under sedation until we have seen your escort.

How long will my appointment be?

Usually around one hour, but it will be longer if you are receiving oral sedation, 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. Oral and intravenous sedatives have more side effects. Breathing complications can occur.

We monitor you constantly and serious breathing problems are very rare. Your general health may influence these risks and it is important that you give us full details about any health problems.

A detailed product information leaflet on midazolam is available upon request.

More information about dental anxiety and sedation can be obtained from the British Dental Health Foundation web site: www.dentalhealth.org

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.

Further information

This is a teaching hospital and students, under supervision, may be involved in the provision of your care.

Special Care Dentistry Department

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

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