

# Conscious IV Sedation



Cambridgeshire Community Services NHS Trust: delivering excellence in dental care across Cambridgeshire, Peterborough and Suffolk

## COVID-19

If you, or any member of your household, currently have COVID-19, or have been asked to isolate due to contact with someone who has COVID-19, please mention this when you call to book an appointment so that suitable adjustments can be made for your treatment.

## **What is Conscious IV Sedation?**

**Conscious Sedation is a form of anxiety control only suitable for those with extreme dental phobia in need of clinical treatment. When you are referred for conscious sedation you will be assessed against a number of criteria. Wherever possible you will be offered an alternative lower risk form of treatment. You may not ultimately be sedated.**

## **Intravenous Sedation**

This type of sedation is only suitable for adults. You will have an injection placed in your arm or in the back of your hand, once the drug has been administered you will feel calm, relaxed and sleepy. Most patients can remember little or nothing of the procedure. With Conscious Sedation it will be necessary to use local anaesthetic, which will make your mouth and teeth feel numb. This will be administered after you have been sedated.

## **Sedation Instructions**

If you are having treatment under sedation your dentist will explain the technique, go through before and after treatment instructions and also ask you to sign a consent form, which will allow us to carry out the treatment.

A full medical history will be taken and you must inform the dentist of any illnesses you have had and details of medicines you are taking now or have done recently. If you have any questions or concerns please ask a member of our staff – we are here to help you.

## **What to do before your appointment and on the day of your treatment under Conscious Sedation**

For your own safety it is important that you follow these instructions, if you do not your appointment may have to be cancelled.

- Have a light meal about 2 hours before your appointment.
- Wear comfortable clothing, with loose sleeves allowing easy access to the elbow region, and flat-heeled shoes.
- Do not wear nail varnish, jewellery, make up or contact lenses.
- Please arrive in good time for your appointment - at least 10 minutes beforehand. Children must not be brought to this appointment.
- You must bring a responsible adult with you, to escort only you home and to stay with you for at least 6 hours after the sedation. You must not travel home by public transport. General Dental Council regulations do not allow us to send you home on your own. Sedation will not be given if you arrive without an escort or with children.
- Do not drink alcohol for 24 hours before the appointment or eat heavy meals or fatty foods on the day of your appointment.
- Take your routine medication, unless otherwise instructed by the dentist or doctor and bring any inhalers with you.
- Please phone, before your appointment, if you develop a cold or chest problem or if there is a change in your general health.
- Your escort will need to sign a document as part of the process of accepting responsibility for your aftercare.

## After Treatment

- You must be taken home by car, and looked after by a responsible adult for at least 6 hours.
- You will feel relaxed and possibly sleepy for the rest of the day.
- Be careful not to bite or burn your tongue or lips while you are numb
- For 24 hours after sedation **DO NOT**:
  - Work or drive
  - Use machinery
  - Sign cheques or documents or make important decisions
  - Breast feed if you are a nursing mother
  - Smoke or drink alcohol for 24 hours
  - Supervise young children alone for 24 hours

We do not anticipate that you will have any problems but should you become concerned about anything, however trivial it may seem, please **CONTACT** your sedationist, Dr Imran Khan on 07789 436434 or ring the NHS Helpline 111 for advice.

**This is a referral service for a single episode of treatment. Your own dentist will resume responsibility for your routine care 24 hours after discharge.**

We would **really value your feedback** after your sedation appointment and will send a 'Friends & Family' feedback form home with the person who has escorted you to your appointment. We will provide a self addressed FREEPOST envelope for you to return this to us.

## Post Dental Treatment instructions

The following steps will help prevent bleeding and relieve soreness:

After local anaesthetics be careful not to bite your lip, tongue or cheeks as they will be numb.

Avoid smoking for at least 24 hours after extraction.

It is quite normal to experience some discomfort and swelling around the extraction site.

**Rest:** Rest for a few hours following treatment and avoid strenuous exercise.

**Rinsing:** Do not rinse for at least 4 hours. For several days following treatment rinse your mouth gently after meals and before going to bed using a mouthwash made by dissolving 1 to 2 teaspoons of salt in a glass of warm water. Hold the solution in your mouth for several minutes, discard and repeat 2-3 times.

**Food:** Avoid hot fluids, alcohol, hard or chewy foods. Choose cool drinks and soft or minced foods. Avoid sucking at or interfering with the wound.

**Bleeding:** Should slight bleeding occur sit upright with head and shoulders raised. Apply pressure using a small pad of gauze or clean linen clamped firmly between the jaws for 15 minutes - repeat if necessary.

**Pain:**

If you have any pain take medication that you would normally take for a headache. Ibuprofen is particularly good for dental pain. Always read the label and do not exceed the recommended dose in the instructions.

**Contraception:**

If you are taking the oral contraceptive pill and you have been prescribed antibiotics, you do not need to take additional contraceptive precautions unless diarrhoea or vomiting occurs. If diarrhoea or vomiting occurs you will need to take additional contraceptive precautions as detailed on the Patient Information Leaflet (PIL) for your oral contraceptive.

**If excessive bleeding, undue pain or other symptoms occur contact your Dental Surgeon for advice without delay.**

**Your friendly sedation team are:**

**Dr Kemal Kemal** (dental surgeon)

**Dr Kuljeet Singh** (dental surgeon)

**Dr Imran Khan** (sedationist)

**Ms Sophie Ross** (dental nurse)

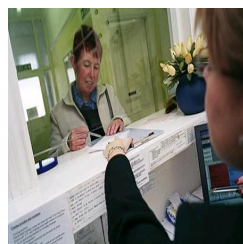
**Ms Kirstie Eley** (dental nurse)

## For further information about this service contact:

Cambridge Dental Access Centre  
Brookfields Dental Clinic  
Seymour Street  
Cambridge  
CB1 3DQ

Tel: **0300 555 6667** (**Option 1** - Emergency appointments, **Option 2** – Special Care appointments including Suffolk, **Option 3** – Minor Oral Surgery). See below for information on our opening hours.

Find us online at **[www.dentalhealthcareoe.nhs.uk](http://www.dentalhealthcareoe.nhs.uk)**



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For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.