

Intravenous conscious sedation is a technique used by your dentist which will help you to relax and alleviate anxiety during your treatment. It is usually given by a small injection in the back of the hand or arm. Unlike a general anaesthetic you will not be asleep, but will feel slightly drowsy during treatment and may continue to do so for several hours afterwards. The majority of patients remember very little of the treatment carried out under intravenous conscious sedation.

It is important that the following rules are observed otherwise your sedation appointment may be cancelled.

- You **MUST** be accompanied by a responsible adult who **MUST** remain on the premises throughout your appointment, escort you home afterwards and arrange for you to be looked after until the following morning.
- Your escort **MUST NOT** be responsible for any other person except you on the day of your sedation, including young children and elderly relatives.
- You escort **MUST** take you home after treatment by either private car or taxi rather than by public transport.
- You **MUST NOT** have anything to eat for **two hours** prior to your appointment, but may continue to drink water only up to two hours prior to your appointment (unless you need a small glass of water to take your regular medication).
- Please remove any nail varnish and items of jewellery e.g. rings, watches prior to your visit as these may interfere with monitoring equipment.
- Please wear short sleeved, loose fitting and comfortable clothing and flat shoes for your appointment.
- If you are taking any medicines they should be taken at the usual times and should be brought with you so that the dentist may know what you have taken.
- Any illness occurring before the appointment should be reported immediately, as this may affect you treatment.
- You **MUST NOT** drive or operate machinery until the following morning after sedation.
- You **MUST NOT** drink alcohol the night before and for 24 hours after sedation.
- You **MUST NOT** be solely responsible for young children 24 hours after sedation and alternative child care arrangements should be made.
- You **MUST NOT** sign any legal documents 24 hours after sedation.
- If you know or suspect you are pregnant please notify the Clinic as soon as possible - treatment under conscious sedation is best avoided during pregnancy.

If you have any queries please call Queensway Dental Clinic on 01642 554 667

# Advice To Patients

## Intravenous Conscious Sedation

Note: please give this information sheet to the person acting as your patient escort

### Instructions for persons acting as escorts for patients receiving treatment under conscious sedation

Thank you for agreeing to act as an escort for \_\_\_\_\_  
when they have treatment under conscious sedation at this Clinic.

As an escort there are some things YOU need to know:

- You MUST come to the Clinic with the person you are escorting, and remain on the premises for the whole duration of their treatment.
- You MUST not bring any children with you. Patients who attend with other children WILL have their treatment postponed.
- The effects of the sedation will last for approximately 12 hours and during this time the patient MUST NOT be left alone.

The patient must:

- NOT DRIVE ANY VEHICLE
- NOT OPERATE ANY MACHINERY
- NOT OPERATE ANY DOMESTIC APPLIANCES
- NOT LOOK AFTER CHILDREN
- NOT TAKE ANY IMPORTANT DECISIONS OR SIGN DOCUMENTS
- NOT DRINK ALCOHOL
- NOT TAKE ANY RECREATIONAL DRUGS
  
- REST QUIETLY AT HOME FOR 24 HOURS
- TAKE ANY PRESCRIBED MEDICATION AS NORMAL
- FOLLOW ANY INSTRUCTIONS RELATING TO THEIR DENTAL TREATMENT

By agreeing to act as escort it is YOUR responsibility to ensure that the patient obeys the post-operative instructions.

Please sign and date this form to indicate that:

- YOU understand the instructions.
- YOU agree to ensure that the patient complies with the instructions.
- YOU will be with the patient, or have made arrangements for a responsible adult to be with the patient, for the 24 hours following their treatment.
- If the patient is to be left with another responsible adult, you have made them aware of the post-operative instructions.

Escort Name: \_\_\_\_\_

Date: \_\_\_\_\_

