

Oral Surgery Unit

Conscious Sedation for Oral Surgery Procedures

This leaflet has been designed to improve your understanding of any forthcoming treatment and contains answers to many of the commonly asked questions. If you have any other questions that the leaflet does not answer or would like further explanation, please ask.

Your Pre-sedation Checklist

Please **sign each box** to highlight you have read each point and please ensure you have **re-checked this prior to attending** on the day of treatment.

1. You have a **responsible adult escort** who will bring you in, **stay in the department during the procedure, escort you home via private transport** and be present to **look after you for 24 hours** following the procedure. ☐
2. You have **arranged an alternative childcare/carers** (if applicable). This should be a **separate adult** to the person who is looking after you. ☐
3. Please ensure you have a light breakfast **at least two hours before** your treatment time. **Have no food or drink after this time.** ☐
4. Please ensure you are **not wearing false nails**, and are wearing a **short sleeve top and flat shoes.** ☐
5. For 24 hours after the procedure, please ensure you **do not drive, attend work, sign any legal documents, nor be responsible for any children.** Please also be mindful of social media and **avoid using domestic appliances.** ☐
6. Please ensure your **journey home is arranged via private transport** (car or taxi). Public transport is not suitable. ☐

What is conscious sedation?

Conscious sedation in dentistry is the use of controlled drugs to make you feel less anxious and more relaxed about your treatment.

It will make you drowsy and less aware of what is happening for up to 24 hours, and sometimes with few or no memories of the treatment you had. It will make you feel much more relaxed, but does not make you unconscious (you will not be asleep). You will be aware of what is happening.

The alternative treatment options include local anaesthesia (numbing injections) or general anaesthesia (being put to sleep), though their suitability is based on an individual case assessment.

Before your appointment for treatment, you should have had a pre-assessment to check your suitability and also some important before and after instructions. These should have been provided verbally, with the written instructions stated later in this leaflet. If you have any questions or are unclear about having sedation, please contact us as soon as possible

What is intravenous sedation?

The method we use to sedate is by an injection into a vein in your hand/arm, with the drug (midazolam) delivered through a line, i.e. intravenous sedation. The amount of drug given depends on the individual and therefore the operation duration can vary.

Your surgeon and members of the team are trained to give sedation. They watch you closely using appropriate monitoring equipment. There will be an area after treatment where you will be observed until you have made a full recovery.

There are some risks associated with intravenous sedation:

- Memory loss during the procedure, that differs from person to person. This may vary from no memory loss to complete memory loss of the procedure.
- Less oxygen in the bloodstream due to poor breathing during sedation, corrected by deep breaths or extra oxygen.
- Bruising at the site of the injection which may take several days to fade completely.
- Very rare risks include allergic reactions to the sedative drugs or vomiting during the procedure.

You will be looked after by our trained surgeons and dental nurses. We will provide you with instructions for after the procedure.

If you think you may be pregnant, you should delay your treatment. If you are breastfeeding, please let the team know.

What to do before and after your procedure?

You **must not** eat or drink **anything for two hours before** your appointment time to avoid feeling sick. Before this you should have a light meal/drink, e.g. cereal / toast / fruit.

For your safety, you must be accompanied by a responsible adult who **must remain in the waiting room** throughout your appointment, escort you home afterwards (**via private transport**) and arrange for you to be looked after for the following 24 hours. **If you attend without a responsible adult**, we will be **unable to provide treatment** under sedation.

Do not bring children with you as you'll be unable to look after them safely and **your treatment will be cancelled**. If you have any **dependent children**, they must be **supervised by a second responsible adult**, for the appointment and the following 24 hours.

If you take any regular medication, please take these at the usual times (unless you have been advised different by the surgeon and bring an updated full list stating these).

Please do not wear false nails or nail polish (this interferes with our monitoring equipment), and do not **wear shoes with heels or wedges** (you are more prone to tripping or falling immediately after sedation).

Treatment may be cancelled if you wear inappropriate footwear, or do not have a clear fingernail for monitoring purposes.

If you use any recreational drugs (such as cannabis), please tell the surgeon. You must not take any recreational drugs for at least 48 hours prior to the procedure.

Any illness occurring before the appointment should be reported immediately, as this may affect your treatment.

For your own safety and as part of your recovery,
24 hours after your sedation you must not:

- drive any vehicle operate any machinery
- look after any dependent children use any domestic appliance
- drink alcohol return to work
- make any important decisions sign any legal documents

References:

The dental faculties of the Royal College of Surgeons and the Royal College of Anesthetists. Standards for Conscious Sedation in the Provision of Dental Care.

Report of the Intercollegiate Advisory Committee for Sedation in Dentistry. 2020
<https://www.rcseng.ac.uk/dental-faculties/fds/publications-guidelines/standards-for-conscious-sedation-in-the-provision-of-dental-care-and-accreditation/> - Cited 2024

Who should I contact for advice?

If you have any questions, please call us on:

Oral and Maxillofacial Unit - Huddersfield Royal Infirmary

Telephone: Maxillofacial Unit (01484) 355737

Secretary (01484) 343219

This is where your operation will be undertaken unless stated otherwise.

For any emergencies after surgery has been completed contact the following numbers:

Within normal working hours: **Huddersfield Royal Infirmary**

Maxillofacial Unit (01484) 355737

Secretary (01484) 343219

Outside of normal working hours:

Out of Hours

Bradford Royal Infirmary (01274) 542200

and ask for Oral and Maxillofacial on call

Or attend Accident & Emergency department at **Bradford Royal Infirmary**, asking for the doctor on-call **for Maxillofacial surgery**.

Supporting Doctors and Dentists in Training

We train undergraduate and postgraduate medical and dental students.

This means that doctors and dentists in training may be a part of your care and treatment.

All trainees are supervised closely by a fully qualified clinician. Please speak to one of our team if you have any questions or would prefer not to have a trainee involved in your care.

If you have any comments about this leaflet or the service you have received you can contact :

Maxillofacial Unit
Huddersfield Royal Infirmary

Telephone (01484) 355737

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych
informacji w innym formacie lub wersji językowej,
prosimy skontaktować się z nami, korzystając z ww.
danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسری اور فارمیٹ طریبان می درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے می ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"