

Information about intravenous sedation

Oral and Maxillofacial Surgery

Other formats

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What is intravenous sedation?

Your surgeon has recommended that you have intravenous sedation. This means that a sedative drug (medicine) is given to you by injection through a cannula (soft plastic tube) into a vein in the back of your hand or arm. This is usually a drug called midazolam. The sedation makes you drowsy and helps reduce anxiety. This is different to a general anaesthetic, where you would be unconscious throughout treatment.

A dose of the drug is chosen for you.

It is normal to feel a sharp scratch when the cannula is inserted. The cannula remains in until the surgeon has checked you have recovered from the sedation. It will be removed before you go home.

Appropriate monitoring equipment will be used throughout your treatment and recovery to assess your response to sedation.

Does intravenous sedation have any risks?

As with the administration of any medicines, there are risks associated with intravenous sedation. These include:

- A reduction of oxygen in the bloodstream due to poor breathing during sedation. You may be asked by your surgeon/nurse to take deep breaths to correct this. Your breathing and oxygen levels will be monitored throughout the procedure.
- Bruising at the site of the cannula. This may take several days to fade completely.
- Very rare risks include allergic reactions to the sedative drugs you have been given or vomiting during the procedure.

Your surgeon will discuss any concerns you may have prior to the procedure taking place.

It is important to let the surgeon know your medical history, including any medicines you are taking. The surgeon will need to know if you have ever had any problems with having sedation or a general anaesthetic.

If you think you may be pregnant, you need to let the surgeon know. You may need to come back to have your treatment at another time. You should let the surgeon know if you are breastfeeding.

Breastfeeding

Small amounts of Midazolam will be present in breastmilk. Therefore, avoid breastfeeding for 24 hours after administration, although amount will probably be too small to be harmful after single doses– (National Institute of Health and Care Excellence guidelines).

Consider expressing and storing your breastmilk beforehand for use during the 24 hour period after your treatment. Use a breast pump or hand express to keep your supply maintained for this 24 hour period. The breast milk expressed during this time must be disposed of.

Useful websites about expressing breast milk:

NHS website – expressing and storing: www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/expressing-breast-milk

La Leche League International – hand expressing: <https://lila.org/breastfeeding-info/hand-expressing>

What to expect

You will be relaxed and sleepy but not unconscious during treatment.

You may experience a temporary loss of memory during the time you are sedated. Many patients have no memory of the procedure at all.

You may feel unsteady on your feet for some hours after the procedure. Your ability to think clearly and make judgements may be affected for the next 24 hours.

Once you are sedated, the surgeon can use local anaesthetic as a paste to numb the site of the treatment. Any injections you may need can be given through this numbed area to reduce the chance of any discomfort.

You will spend some time in the recovery area following your treatment. You will be checked by the surgeon before you can go home.

A responsible, capable adult should accompany you to your appointment. This person should stay within the department during the procedure and escort you home after your treatment under sedation. Please expect to be in the hospital for approximately 2 hours. Your escort must be able to take you home in a private taxi or car. This person should stay with you overnight. If arrangements have not been made for someone to accompany you after treatment, you will not be able to have the sedation.

As your escort will need to care for you on the journey home, please do not bring children or dependent adults with you to the appointment.

After the treatment

You should rest at home for the remainder of the day.

Your judgement may be affected by the drugs. This is similar to the effects of consuming alcohol.

For 24 hours after your appointment you **must not**:

- Make any irreversible or important decisions (e.g. signing legal documents)
- Be in sole charge of another person (e.g. children or dependant adults)
- Drive a vehicle or ride a bicycle
- Operate machinery (including kitchen and domestic appliances e.g. kettle)
- Climb heights (e.g. ladders, scaffolding)
- Drink alcohol
- Return to work

Because of the after-effects of the drugs used, care should be taken when using the internet for personal communication.

Before you are discharged, the surgeon or dental nurse will give you and the adult accompanying you (escort) important information about your care. You will be given information relating to any local analgesia and the treatment you have received.

The surgeon will also provide details of pain relief, as well as how and when to take other prescription medicines. You will be given a telephone number of who to contact if you have any problems as a result of your treatment.

Other important information and instructions

Eat and drink normally up to 2 hours before your appointment. Avoid alcoholic drinks for 24 hours before your appointment.

Please wear light, loose-fitting clothing and flat shoes.

Please remove gel or false nails and nail varnish as this may affect monitoring equipment.

The information provided here is a general guide for patients having oral surgery procedures with sedation. As part of the face-to-face discussions with your surgeon, you may be given advice that is specific to your treatment plan. This may differ in some areas to the general principles outlined here.

Before any treatment is started, the surgeon will ask you to confirm consent. This means that you understand the planned treatment and how you will receive the sedation.

It is important to follow these instructions carefully.

Further information

If you have any concerns, please call the department of oral and maxillofacial surgery on 01271 322477.

References

Standards for Conscious Sedation in the Provision of Dental Care (2015), The Intercollegiate Advisory Committee on Sedation in Dentistry. RCS England.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

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Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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