

CONSCIOUS SEDATION
PATIENT ADVICE LEAFLET

WHAT IS CONSCIOUS SEDATION:

The General Dental Council defines conscious sedation as:

‘A technique in which the use of a drug or drugs produces a state of depression of the central nervous system enabling treatment to be carried out, but during which verbal contact is maintained throughout the period of sedation.

The level of sedation must be such that the patient remains conscious, retains protective reflexes, and is able to understand and respond to verbal commands’.

Sedation can be described as a modification of a patient’s state of mind; it encourages a state of relaxation and comfort.

Sedation can be provided either in the form of Gas and Air (Inhalation Sedation) or through medication into the hand or arm (Intravenous Sedation). You are NOT asleep during the procedure and can still communicate with staff members, many people do tend to fall asleep however, due to being so relaxed.

IS SEDATION SAFE:

The drugs and techniques used to provide conscious sedation for dental treatment carry a margin of safety wide enough to render loss of consciousness unlikely. There is a very low risk for complications to occur.

Before any sedation can be offered you will have a detailed assessment with the Sedationist to ensure that you personally are suitable for this method of treatment.

Staff members completing your sedation are qualified and trained members of SAAD (The Society of Advancement of Anaesthesia in Dentistry)

HOW COULD I BENEFIT FROM CONSCIOUS SEDATION?

Sedation is a method used to help you accept dental treatment without the anxiety it can sometimes produce. It can also help you receive treatments that perhaps are more complex than others, or which require you to have longer appointments.

It is hugely beneficial for younger children too, especially if dental treatment is required, as I will enable them to relax during their appointment and ensure they have a more pleasurable experience!

If you have certain medical conditions, or an enhanced gag reflex, which make it difficult for you to have dental treatment, sedation can be really valuable too.

Some form of sedation can affect how much you remember of the procedure, which can be beneficial for some treatments.

WHAT DO I HAVE TO DO BEFORE AND AFTER MY SEDATION APPOINTMENT:

The most important thing for your treatment is to make sure you have an escort to bring you to the appointment and take you home, whilst also making sure you are fit and well for the following eight hours. Sedation works very quickly and therefore recovery is quick but you will still not be able to drive, take care of others such as children or relatives, nor make important decisions such as signing documents. Most people are fine to return to work the following day.

You do not have to be starved before your sedation, it is not like a general anaesthetic, but try not to have anything too heavy, and avoid alcohol and caffeine the evening before. You should take all your medication as normal. If you are feeling unwell on the day of your appointment you should ring the surgery to reschedule.

HOW MUCH DOES SEDATION COST:

At present sedation is only available on a private basis, but this may change in the future and we may be able to offer this treatment to children on the NHS. Prices range depending on the type of sedation provided and the duration of treatment. The Dentist will be able to discuss this with you personally. Your normal treatment cost will be charged separately. This price also includes your initial sedation assessment appointment, where details for the procedure will be discussed in advance.

Please ask your Dentist for further details

We operate an internal referral system within the practice, so your dental treatment would still be carried out by your usual Dentist.