



CONCIOUS
SEDATION



Information about sedation to assist your dental treatment

Conscious sedation is a safe, efficient and effective way of providing anxiety relief and pain control during dental procedures. The drugs we use are given intravenously - usually in a vein on the forearm or the back of the hand. These drugs are the same or similar to drugs used in general anesthesia but given at a slower rate and in smaller doses. As the name implies, conscious sedation is not a general anesthetic. The aim of conscious sedation is to reach a state of calm relaxation and drowsiness, so that you are primarily unaware of what is going on, remember very little, if anything, of the appointment. With conscious sedation time seems to pass very quickly.

OTHER OPTIONS?

Conscious sedation is not a replacement for good basic dental care - it simply provides a means of making some procedures less of an ordeal.

Conscious sedation is not usually suitable for young children

HOW SAFE IS CONSCIOUS SEDATION?

Throughout the procedure you are under the care of two clinicians. The first provides the actual dental/surgical treatment. The other (i.e. the sedationist) is fully involved with administering the sedation and monitoring your breathing, blood pressure, heart rate and rhythm, and oxygen saturation with the aid of specialized monitoring devices.

WHAT AFTER-EFFECTS SHOULD I ANTICIPATE?

You will be drowsy for several hours after having conscious sedation. It is therefore important that you follow the postoperative instructions given to you. Postoperative nausea and/or vomiting are rare but can occur. If such symptoms persist the day after the procedure you should contact the dental surgery for further advice.

WILL I BE AWARE OF/REMEMBER WHAT IS OCCURRING?

You may hear us talking and be vaguely aware that something is being done - but it won't worry you. On very rare occasions a patient may not respond to the drugs/dosage that we use in conscious sedation. On these occasions it may be necessary to stop the procedure and resort to alternative treatment methods.

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On your appointment day

FASTING

Limited solid food may be taken up to 6 hours prior to your procedure. If your appointment is not until the afternoon, you may have a light breakfast - but this must be at least six hours prior to your appointment.

MEDICATIONS

Routine medications (eg blood pressure tablets) are to be taken as normal, but with just a sip of water. Otherwise only medications ordered by the sedationist may be taken less than 24 hours prior to your procedure.

SMOKING

Smoking affects your blood's ability to transport oxygen. Therefore, to ensure you are in the best physical state to undergo sedation, smoking should be ceased at least one week prior to the procedure. As a bare minimum, smoking should cease or be significantly reduced at least 24 hours before your procedure.

CLOTHING

The clothing you wear on the day is important: 1. For your own comfort and to allow us to readily attach our monitors, please wear loose fitting clothes. We ask that you wear short sleeves and either long pants or shorts. 2. Veins are sometimes harder to find in cold weather - please wear warm clothes if it is cold.

JEWELLERY/NAIL POLISH

As our monitoring equipment is very sensitive and subject to interference please refrain from wearing neck and wrist jewelry/watches and please remove fingernail polish.

TRANSPORT

You will be unable to drive following your procedure. You will need to arrange suitable transport home. A responsible adult who can take you home must accompany you.

POSTOPERATIVE INSTRUCTIONS

It is important that both you, and the person accompanying you understand that for at least 12 hours following your conscious sedation that the following measures need to be adhered to:

No alcohol may be consumed.

Your concentration and memory will be poor.

You should therefore avoid potentially dangerous activities - including but not limited to -

- Driving/riding vehicles, motorbikes or pushbikes/horses.
- Operating any form of machinery - even something as simple as mowing the lawn.
- Climbing ladders/heights.
- Crossing roads unescorted.
- Having to make important decisions/commitments.



**Please remember to relax
during your procedure.
Be secure in the knowledge that we
will be looking after you whilst
providing high quality dental
treatment.**

