Bastow & Chye
CompleteDental

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Conscious Sedation

This is important information – please take the time to read it carefully

If you are taking medications for weight loss or Type 2 diabetes (including Ozempic, Wegovy, Mounjaro, Saxenda, or similar prescriptions), please let us know. These medications can affect IV sedation, and you may not be eligible until you've spoken with the dentist and received special instructions.

A deposit equal to the full sedation fee is required at the time of booking. Please note that all quoted sedation costs are approximate and will be invoiced according to the actual services provided on the day of treatment.

The deposit is non-refundable, as the sedationist is scheduled for a specific allotted time.
Failure to attend the appointment or provide at the least a minimum of 2 weeks to reschedule can result in loss of the deposit paid.

Although every effort is made to accommodate requests, the appointment time of your sedation is only an estimate. Sometimes it becomes necessary to move appointments due to cancellations or unforeseen circumstances. You will be advised of your appointment time on the preceding day.

PLEASE DO NOT MAKE ANY OTHER ARRANGEMENTS FOR THIS DAY

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What is Conscious Sedation?

Conscious Sedation is a very safe, efficient and effective way of providing anxiety relief and pain control during dental procedures.

There are two main groups of patients who benefit from this technique:

- Patients undergoing relatively unpleasant or lengthy procedures such as removal of wisdom teeth or other complex procedures.
- Patients who fear most forms of dental treatment and who often avoid going to the dentist.

The drugs we use in sedation are given intravenously – usually into a vein on the forearm or the back of the hand. The injection may cause mild discomfort. These drugs are the same or similar to drugs used in general anaesthesia but given at a slower rate and/or with a reduced dose.

As the name implies, conscious sedation is not a general anaesthesia. The aim of conscious sedation is to reach a state of calm relaxation and drowsiness, so that you:

- Know very little of what is going on
- Do not care about what is going on
- Remember very little, if anything, of what goes on.

With conscious sedation time seems to pass very quickly and before you know it the procedure is completed, and it is time to go home!

PREOPERATIVE INSTRUCTIONS

(Failure to comply with these instructions may result in the cancellation of your procedure)

- **COLD OR SORE THROAT**
  - If you are ill, have a cold or sore throat just before your appointment, please contact us immediately.
- **FASTING – NO FOOD 6 HOURS PRIOR TO APPOINTMENT (small sips of water can be taken up to 2 hours prior)**
  - 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 (e.g. 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.
    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.
  - 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 jewellery/watches** and please **remove finger nail polish.**

CONTACT LENSES

- Should not be worn

- **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. NO TAXIS

- **ORAL HYGIENE**
- To help minimise the risk of postoperative infection, **please brush your teeth thoroughly before coming to the dental surgery**
- **Remember to rinse only – do not swallow the water.**

- **UPON ARRIVAL**
- You will be asked to sign a consent form for conscious sedation, confirming that you understood and complied with the preoperative instructions.
- During the course of your dental procedure you may be given some fluids intravenously. For your personal comfort in the immediate postoperative period, it is recommended that you use the toilet immediately prior to coming through for your procedure.

- **POSTOPERATIVE INSTRUCTIONS**
- It is important that both you and the person accompanying you understand that for at least 24 hours following your conscious sedation:
- 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 and enjoy yourself during the procedure. Be secure in the knowledge that we will be looking after you whilst providing high quality dental treatment.

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
- Hospitalisation and general anaesthesia is also a very safe treatment option. However, with the simplicity of conscious sedation and the drugs we have available today, it is only on rare occasions that we recommend this option for fit, healthy adolescents and adults.

How safe is conscious sedation?

- Modern methods of sedation are low risk and very safe.
- Throughout the procedure you are under the care of two clinicians, who will be monitoring your breathing, blood pressure, heart rate and rhythm, and oxygen saturation with the aid of specialised monitoring devices.

What after effect should anticipate?

- You will be drowsy for several hours after having conscious sedation. It is therefore important that you follow the post operative instructions given to you.
- Postoperative nausea and/or vomiting are rare but can occur. If such symptoms persist on the day after the procedure you should contact the dental office for further advice.
- Tenderness or bruising around the intravenous injection site is also rare; if it does occur it will normally resolve within a few days.

Does conscious sedation always work? Will I be aware of/ or remember what is occurring?

- As conscious sedation is not general anaesthesia, 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 rare occasions it may be necessary to stop the procedure and resort to alternative treatment methods.
- **The most important thing for you to do on the day of your operation is to arrive relaxed, confident and trusting us!**