

# Intravenous sedation for dental treatment

## Information for patients

This leaflet aims to help you understand the treatment you are going to have and contains answers to many commonly asked questions. If you have any other questions or would like further explanation, please ask.

**Watch our sedation video on the link below or scan the QR code**

<http://bit.ly/kingsdentalsedation>



## What is intravenous (IV) sedation?

IV sedation is when a sedative is given into a vein. If you are nervous about having dental treatment or you are having a procedure which may be more complex, intravenous (IV) sedation is an effective and safe treatment.

## Why do I need IV sedation?

It is an ideal way of helping you to relax if you are nervous about dental treatment.

## What are the benefits?

While under IV sedation, you will feel deeply relaxed but you will still be able to understand and respond to requests from the dentist. You may be unaware of the operation and this form of treatment is ideal for patients who wish to avoid the noise and vibration of the drill.

## Are there any risks?

IV sedation is safe when it is supervised or carried out by a specially trained dentist.

IV sedation has four main effects:

- It will reduce your anxiety and make you feel relaxed.
- It will make you feel sleepy.
- It will make you less aware of the procedure.
- It will result in partial – or total loss of memory of the procedure.

## Are there any alternatives?

- Local anaesthetic alone
- General anaesthetic

These alternatives may be suitable for you. Your dentist will discuss the relevant options with you.



## Consent

**We must by law obtain your written consent. Staff will explain risks, benefits and alternatives before they ask you to sign a consent form. If you are unsure about any aspect of the treatment proposed, please do not hesitate to speak with a senior member of staff again.**

**You must confirm your consent for the procedure before treatment starts.**

## Do I need to prepare for IV sedation?

- Take your routine medicines at the usual times, unless advised otherwise.
- Have a light meal 1-2 hours before you attend.
- Do not take alcohol or recreational drugs including cannabis, 48 hours before your treatment.
- Bring a responsible adult with you. This escort must be over the age of 18 and personally known to you. They must arrive and remain in the departmental waiting room. They must be able to escort you home and care for you for the rest of the day.
- Do not bring children or babies with you to your appointment. We will not undertake treatment if a child/baby comes with you or your escort.
- Sedation is not possible if you are pregnant, so be sure to tell us.
- Nursing mothers cannot breastfeed for 12 hours after sedation.
- Car parking is limited and so if you drive, allow plenty of time to park your car and arrive with your escort.
- It would be helpful to arrive with your escort promptly and report to the reception 10 minutes before your appointment. If you are more than 20 minutes late treatment may not be carried out.

## Where will it be carried out?

The treatment will be carried out in a community special care dentistry clinic.

In some cases your escort can come with you into the surgery, but they will be asked to return to the waiting room while you have your treatment.

## What happens during IV sedation?

An extremely thin plastic tube will be put into a vein either in one of your arms or in the back of one of your hands. A drug will then be injected which will quickly make you feel very sleepy and relaxed.

Throughout the procedure you will have a monitor attached to your finger to measure your pulse and oxygen levels. Your blood pressure will be checked before and after the procedure. Sedation will make you feel relaxed and you may forget much of the visit.

You will also be given a local anaesthetic, after the sedation. This involves an injection into the gum surrounding the area that you are having treated and it is similar to those your dentist may have given to you for fillings. The injection will take a couple of minutes to numb the area and it ensures that you will feel no pain during your treatment.

The length of time you will be sedated varies depending on the treatment you are having.

## What happens after IV sedation?

You will need to stay in our recovery area until you are considered ready to leave the clinic. Recovery usually takes about an hour but can be longer.

The effects of sedation can last up to 24 hours, for this time rest at home and:



- Do not travel alone – travel home with your escort, by car if possible.
- Do not drive or ride a bicycle or a motorcycle.
- Do not use machinery.
- Do not drink alcohol.
- Do not return to work or sign legal documents or carry out any financial transactions.
- Do not care for others.
- Do not use social media.

## Who can I contact with queries and concerns?

Monday to Friday between 9am and 5pm:

Departments of:

**Oral Surgery Tel: 020 3299 2620**

**Community Special Care Dentistry Tel: 020 3299 3480**

**King's College London Dental Institute**

King's College Hospital, Bessemer Road, London SE5 9RS

## Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

## Care provided by students

King's is a teaching hospital where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.



## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

Tel: **020 3299 3601**

Email: **kch-tr.PALS@nhs.net**

You can also contact us by using our online form at  
**[www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)**

**If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.**

### Confirming your identity

Before you have a treatment or procedure, our staff will ask you to confirm your full **name, date of birth** and **address**.

**If we don't ask these questions, then please ask us to check.**

Ensuring your safety is our primary concern.