

## **Intravenous Conscious Sedation and Local Anaesthetic**

### **The procedure**

Your minor operation will be carried out using a safe sedation technique, which will ensure you are relaxed and comfortable but **not** asleep.

A small injection is usually given in your arm or the back of your hand. This will relax you such that any dental anxiety will be significantly diminished.

When you are fully sedated and relaxed, a local anaesthetic is given to completely numb the operation site.

### **What are the risks?**

Risks associated with sedation are minimal. In the unlikely event that you become too sleepy under the sedation you will be given a drug to reverse the affects.

What are the benefits of sedation?

- it avoids the use of a general anaesthetic and the risks associated with it
- it alleviates anxiety and stress of surgery
- you will not remember everything about the surgery as it has a mild amnesic affect

### **Are there any alternatives?**

It is possible to have treatment under a local anaesthetic only, this means the area treated will feel numb but you will be fully awake and alert throughout the procedure.

It is important that you have considered all the options available to you before you sign your consent form. Please ask if you have any questions.

### **Preparing for your surgery**

It is essential that you are accompanied to and from the hospital by an adult. This person must be prepared to wait in the Maxillofacial Unit during your treatment and then accompany you home by car and stay with you for 24 hours.

Please:

- do not drink alcohol for 24 hours before your surgery
- wear loose sleeves and flat shoes
- remove nail varnish

- do not bring your children to this appointment, or any other people who depend on you for their care needs
- bring with you your prescription for any medicines that you are currently taking, along with any herbal remedies and supplements, and show them to the doctor
- make yourself comfortable, toilets are situated in the department for use before booking in for your appointment

You must not travel home on public transport and on no account are you to drive yourself home.

### **Eating, drinking and taking medication**

You should have a light meal and then **nothing** to eat for **six** hours before your treatment.

You may drink clear fluids, such as water, black tea/coffee, up to **two** hours before your treatment. Do not drink fizzy or milky drinks.

Please **do** ensure you continue to take any prescribed medication, with a sip of clear fluids, as required, unless told otherwise by a doctor.

### **Smoking**

Smoking delays healing and increases the risk of infection; so please avoid smoking before and after surgery, until your wounds have healed.

The hospital has a no-smoking policy which means that smoking is not allowed inside the hospital, in any entrances or doorways or within the grounds.

### **After surgery**

Following intravenous sedation and local anaesthetic, it is important that you have someone stay with you overnight.

It is important to avoid any of the following for at least 24 hours and preferably 48 hours:

- driving
- using any power tool or mechanical machinery
- drinking alcohol
- undue exertion
- making any vital decisions or signing any important documents

### **Will I be in pain afterwards?**

It is a good idea to have mild painkillers at home such as paracetamol or ibuprofen, (unless you are allergic, sensitive to or unable to take aspirin or similar products).

We recommend that you take a painkiller before the numbness of the local anaesthetic wears off, as you may experience some discomfort then.

When taking medicines it is important to read and follow the instructions, warnings and dosage on the bottle or packet. If you are prescribed antibiotics, complete the course.

### **Appointments**

If you are unable to attend, you wish to change the date of your appointment, or you have changed your mind, please let us know as soon as possible to discuss and agree another date. If you do not keep your appointment and have not previously contacted us, you will not be sent another appointment.

### **Appointments Line - 01342 414141**

We will make every effort to avoid changing your appointment, but we regret that occasionally this happens due to unavoidable circumstances.

### **Further questions**

Please ask questions. It is important that you understand the benefits and risks of your treatment before you sign your consent form. If you have any questions or worries, please ask a member of the medical or nursing staff or telephone

### **Switchboard**

**Tel: 01342 414000**

and ask for the maxillofacial secretary of the named consultant. For urgent enquiries out of hours, please ask for the maxillofacial doctor on duty.

Our usual opening times are Monday to Friday 8.30am – 5pm

**Please ask if you would like this leaflet in larger print or an alternative format.**