



Queen Victoria Hospital
NHS Foundation Trust

IV conscious sedation and local anaesthetic



What is conscious sedation?

It has been agreed following your consultation, that your minor operation can be carried out using a safe sedation technique to ensure you are relaxed and comfortable, but not asleep, in order to help reduce any anxiety you may suffer.

Intravenous sedation is when a sedative is injected into your bloodstream using a small plastic tube (called a cannula), usually placed in a vein in your arm or the back of your hand. Once you are sedated and relaxed, a local anaesthetic will be given, to completely numb the operation site.

What are the differences between sedation and general anaesthesia?

With conscious sedation, you may feel sleepy, you should be relaxed, but you will be awake.

You will feel less worried by what is happening around you. You will be able to talk normally, follow simple instructions and ask questions or give us information if you need to. You remember having your treatment but may not remember all of the detail.

It should not affect your breathing, which will be monitored throughout the procedure, along with your oxygen levels.

With general anaesthesia, you are completely unaware and asleep during the procedure, you are given multiple, different anaesthetic drugs and equipment is required to help support your breathing. You will have no memory of the procedure.

What are the benefits?

Sedation works quickly and the dose is adjusted so you get just the right amount.

It usually has fewer side effects than a general anaesthetic.

Recovery is quicker than after GA, so you can normally go home within a couple of hours of your treatment.

What are the risks?

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

It is common for sedation to affect your judgement and memory for up to 24 hours.

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 are 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 questions.

Preparing for your sedation appointment

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 (ideally not public transport) and stay with you for 24 hours.

If you care for other people, you will need to plan for someone else to look after them until the day after your procedure.

You must not drive yourself after sedation.

- Do not drink alcohol for 24 hours before your surgery
- Wear loose sleeves and flat shoes
- Remove nail varnish and bracelets
- Do not bring your children to this appointment, or any other people who depend on you for their care needs
- Bring the prescription for any medicines that you are currently taking, to hospital with you and names of any other over-the-counter medication
- Make sure you will be comfortable, toilets are situated in the department for use before booking in for your appointment
- If you are ill or have a heavy cold, or you are pregnant, please contact the hospital as it may not be suitable to have sedation and we can rearrange your appointment.

Eating, drinking and taking medication

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

You should drink normal amounts of clear fluids, such as water, squash, black tea/coffee up to two hours before your treatment. It is important to be hydrated so that you don't feel faint. Please do not drink fizzy or milky drinks.

Please ensure you continue to take any prescribed medication as normal, with a sip of clear fluids, 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 you have healed. The hospital has a no-smoking policy, which includes within the grounds.

After surgery

Following intravenous sedation, you should have someone stay with you overnight. You may feel drowsy and feel unsteady on your feet.

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

- Driving
- Using any power tool or machinery
- Drinking alcohol or taking sedative or sleeping tablets
- Overexertion
- Making important decisions or signing official documents

It may not be suitable to go to work or cook during this time and it is advisable to avoid posting on social media or public forums too.

We will give you written instructions about aftercare, as well as a contact number to call if you feel unwell or are concerned.

It is a good idea to have mild painkillers at home, like paracetamol and ibuprofen.

Please read the instructions in advance of your sedation appointment, to check you are not allergic or unable to take them for other reasons. Make sure you follow the dosage on the bottle or packet and make a note of what you take, when.

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

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

Tel: 01342 414000 and ask for the maxillofacial secretary of your named consultant.

For urgent enquires out of hours, please ask for the maxillofacial doctor on duty.

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

Further information is available on the RCoA website:

rcoa.ac.uk/patientinfo/sedation



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would like this leaflet
in larger print or an
alternative format.

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