

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 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 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 entrance 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 48hours

- Driving
- Using any power tool or machinery
- Drinking alcohol
- Undue exertion
- Making any vital decision 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 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 the 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 names 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

Please ask if you
would like this leaflet
in larger print or a
different format.

Maxillofacial Unit
Issue 5 – Ref No 0081
Approved by the Patient Information Group
Print March 2020 - Review March 2023

© Copyright QVH NHS Foundation Trust
qvh.nhs.uk

Pre-operative advice

Intravenous conscious
sedation and local
anaesthetic

