



What is intravenous sedation

What is intravenous sedation? When you have intravenous sedation (a sedative given via a vein) you are given a small injection of a drug in the back of your hand or arm. This makes you feel much more relaxed about the treatment you are about to receive; it takes away your fears and anxieties.

Although you will not go to sleep, you will be very relaxed. Many people cannot remember very much about the treatment afterwards.

During sedation your pulse and breathing will be monitored by a clip on your finger or thumb. You may be given extra oxygen to breathe if needed.

Who can have sedation

1. if you are not pregnant or breast feeding
2. if you have an adult to look after you

Disadvantages and risks of sedation

- The procedure requires intravenous cannulation (putting a small plastic tube called a cannula into your vein) therefore there may be risk of bruising
- An escort is required to bring you to your appointment and stay with you for 24 hours

Advantages and benefits of sedation

- It means you will not need a general anaesthetic and therefore makes the procedure safer
- It is fast acting and has a shorter recovery time
- It can help prevent you from gagging
- Consciousness is maintained throughout the procedure

The alternatives to sedation are having the procedure done with just local anaesthetic or under a general anaesthetic.

When you arrive at the hospital, Please report to the reception desk where a receptionist will check your details and direct you to the waiting area.

You will not be given sedation if you arrive more than 15 minutes late for your appointment.

- Please bring a responsible adult with you, this adult must wait in the department and escort you home
- The responsible adult must stay with you at home. They should give their full attention to you for the next 24 hours
- Do not bring children or dependants with you, you will not be treated under intravenous sedation if you arrive without an escort or with children.
- Wherever possible you must make arrangements for you and your escort to travel home by car or taxi – public transport is not suitable. If it is impossible your escort must be made fully aware of the added responsibilities of caring for you during the journey home.

Information for Patients

- We advise that you have something to eat on the day but don't have anything 2 hours before your appointment.
- You must avoid alcoholic drinks 24 hours prior to your appointment.
- You should take routine medication as normal unless advised not to by the treating dentist/doctor.
- Sensible clothing is advised, avoiding tight sleeves and high heeled shoes.
- You must not wear nail varnish or false nails as it can interfere with our monitoring.
- No personal phones are allowed during the appointment.

Going home after treatment

After your treatment you will stay in the department until you feel well enough to go home. It is essential that someone comes with you to your appointment and accompanies you home by car or taxi – public transport is not suitable.

When you arrive home, it is important to rest for the remainder of the day. Make sure there is a responsible adult present to look after you overnight.

We would advise you not to lock the bathroom door, avoid social media and internet shopping.

You cannot:

- Drive a car
- Drink alcohol or smoke
- Operate any machinery or electrical items – even a kettle
- Sign any legal binding documents
- Be responsible for any children or dependants

How will I feel after my operation?

You might feel some numbness, swelling, jaw stiffness or discomfort for a few days after your operation. Taking 2 paracetamol tablets every 6 hours and no more than 8 tablets in 24 hours, should be enough to settle discomfort.

You can take them before the local anaesthetic wears off to stop the pain building up. If the pain does not start to settle after a few days contact the department.

Please note that on the day you have your treatment with sedation, the person who is looking after you should be in charge of giving you pain relief as you may be a little forgetful after having sedation.

What can I do to help myself?

During the first 24 hours, in order for the wound heal avoid:

- Hot drinks, alcohol, cigarettes, spicy foods and exercise
 - Do not use a mouthwash
 - Do eat and drink (soft food diet is best) but make sure your food and drinks are not too hot
- You should brush your teeth gently making sure you avoid the wound area. This will keep your mouth clean.

Information for Patients

The next day

We recommend using a mouthwash. This will help soothe your mouth and keep it clean. You should use it first thing in the morning and after each meal.

To make an effective mouthwash dissolve one teaspoon of salt into a large glass/mug of warm water. Take a mouthful of the mouthwash and hold in your mouth for 30 seconds to gently bathe the area of the mouth where you had your operation. Discard the mouthwash afterwards. Continue this with each mouthful until the mouthwash is all gone. Carry on using a mouthwash until the soreness settles.

Can anything go wrong afterwards?

You may experience some bleeding at home. If this happens roll up the pad of gauze that we have given you, put it against the area that is bleeding and bite down on the gauze for about 20 minutes.

If the bleeding doesn't slow down and stop, contact the department via the telephone number at the end of this leaflet.

Outside normal working hours call 0121 627 2000 and ask the switchboard operator for the doctor on call for maxillofacial surgery in the emergency department (A&E) at Queen Elizabeth Hospital Birmingham.

Should I do anything else?

If you have been given antibiotic tablets, make sure that you finish the course as this will prevent any infection.

The stitches inside your mouth may take up to a few weeks to dissolve.

Contacts

To contact us before your appointment:

Queen Elizabeth Hospital Birmingham, Maxillofacial Outpatients
Telephone: 0121 371 5594
Monday–Friday (09:00–17:00)

Maxillofacial Outpatients
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham B15 2GW
Telephone: 0121 371 5594

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