Please read this leaflet carefully in advance of your appointment and follow the instructions or we may not be able to treat you.

**Confirming your appointment:**

Please confirm that you will attend your appointment by contacting us 7 days beforehand. Otherwise we will be unable to hold the 1 hour slot for you.

**Phone: 0115 950 8260.**

**Who to bring with you:**

A competent adult **must arrive with you**, and stay in the practice throughout your treatment. This may take up to 2 hours altogether.

They will then be responsible for you until you are fully alert. They should not be looking after anyone else.

**What to eat or drink before your appointment:**

**Please Starve 4 hours before your procedure** and **No liquids 2 hours before.**

Please **do not drink Alcohol** the night before sedation as it will interact with the sedative drug.

**Clothes to wear:**

Dress comfortably and wear flat shoes. Avoid clothing that is tight around the neck or arms.

Please remove contact lenses and nail varnish/false nails.

**Regular medication:**

Please take all your regular medications as normal. Please bring any medications you may need during the day (e.g. asthma inhalers. GTN sprays etc...)

When you arrive for your sedation, please inform us of any changes to your general health or if you are taking medications that were not disclosed on your previous appointment (e.g. if you have taken a sleeping tablet within 24 hrs of your appointment).

**After my sedation:**

You should travel home by car or taxi, not on public transport.

**Until the following day you must not:** return to work, drive, operate machinery, cook, sign contracts, drink alcohol or look after children on your own.

**What is Intravenous (IV) Sedation?**

* This is when a tranquillising drug (similar to valium) is given into the bloodstream to sedate a patient before a procedure is carried out.
* It is very helpful for highly anxious people, allowing them to cope with minor surgery in the mouth, with local anaesthetic injections.
* It takes less time and generally carries less medical risk than a general anaesthetic.

**Please follow instructions overleaf:**

**How is it given?**

* Before the procedure starts a fine needle is placed in the hand/arm, through which the drug can be injected painlessly.
* Placing the needle is not too uncomfortable.
* Repeated small doses of the tranquilliser are given until the patient feels relaxed enough to continue with the procedure.

**What will I feel?**

* The drug acts quickly to give a **pleasant sensation of deep relaxation** or drowsiness. Anxiety disappears and the patient often **forgets** details of the surgery and related events.
* You will not be fully aware, but you will be conscious and will be able to **communicate** with the staff during the procedure if necessary.
* **Recovery is rapid** and you are usually well enough to go home 30-45 mins after the procedure.
* It is normal to lie down or have a sleep when you get home. Later on, you may still get occasional lapses of concentration, as it takes about 12 hours for the drug to be completely eliminated.