

INSTRUCTIONS FOR PATIENTS BEFORE GOING UNDER CONSCIOUS SEDATION

The technique of intravenous sedation with the use of midazolam is designed to relax you during dental procedures. This well-tried and tested procedure is quite unlike a general anaesthetic as you will be able to talk and respond to instructions during treatment albeit entirely relaxed.

The following advice will help you benefit most from this technique. Make sure you advise your dentist of any changes in your medical history, any medicines you are taking and any recent visits to your doctor.

On the day of your treatment

- 1) You may experience some loss of memory of events surrounding your treatment. It is important therefore that you are accompanied by a responsible adult and under no circumstances should you drive or use public transport. Sedation cannot be given if arrangements cannot be made to take you home.
- 2) Arrange for someone to stay with you at home for eight hours after the treatment.
- 3) Have a light meal before your treatment, but at least two hours before the appointment.
- 4) Do not wear any nail varnish.
- 5) Do not drink any alcohol.
- 6) Ensure you have relieved yourself prior to the treatment.
- 7) Ensure that you are wearing something comfortable with sleeves that can be rolled up.
- 8) Not to be responsible for or look after dependents.

After care for the next 24 hours:

- 1) Travel home with your escort, by car if possible.
- 2) Stay resting quietly at home.
- 3) Do NOT use complex machinery. Do NOT do online shopping!
- 4) Do NOT drive a motor vehicle or ride a bicycle.
- 5) Do NOT sign any legal or business documents, or make any important decisions.
- 6) Do NOT drink any alcohol.
- 7) Do NOT take sleeping tablets.
- 8) Observe any special precautions advised, i.e. painkillers, antibiotics, ice.