

Sedation: what you need to know

You have requested intravenous (IV) sedation alongside your dental treatment. IV sedation used in dental practice is **conscious (light) sedation**, designed to keep you safe and able to respond to instructions from the dental team throughout.

Benefits of IV sedation

- ✓ Reduced anxiety
- ✓ Improved comfort
- ✓ Improved tolerance of local anaesthetic, vibration and pressure

Possible side effects

- ✓ Pain or discomfort related to the IV cannula or medication
- ✓ Bruising on the hand or arm
- ✓ Feeling sleepy after treatment
- ✓ Forgetfulness on the day of treatment
- ✓ Reduced coordination and reaction times

Possible risks and safety measures

- ✓ **Excessive sedation:** your anaesthetist is trained in advanced sedation techniques and will monitor you continuously
- ✓ **Breathing problems:** oxygen levels are monitored at all times, and supplemental oxygen is provided if needed
- ✓ **Allergy:** the sedative medication has a very low incidence of allergic reaction
- ✓ **Heart problems:** heart rate and blood pressure are monitored continuously – please tell your anaesthetist about any heart conditions, including high blood pressure

Your alternatives

Before deciding on IV sedation, it's worth knowing what else is available. Which of these apply to you will depend on your treatment and medical history – your anaesthetist or dentist can talk you through the options:

- ✓ Treatment under local anaesthetic alone, without sedation
- ✓ Oral sedation – suitable for some patients and procedures, though its effects are less predictable than IV sedation, and it is not routinely recommended
- ✓ Referral for treatment under general anaesthesia in a hospital setting
- ✓ Postponing or staging treatment while other options are considered

IV sedation is entirely optional. You are free to choose any of the alternatives above, and you may withdraw your consent at any point up until treatment begins.

After sedation - I understand that I must:

- ✓ Avoid alcohol for 24 hours
- ✓ Not drive for 24 hours
- ✓ Not operate heavy machinery for 24 hours
- ✓ Not sign important documents or make major decisions for 24 hours
- ✓ Have a responsible adult with me at home for at least 24 hours
- ✓ Take extra care when moving around, especially on stairs

I confirm that I have read and understood the above, had the opportunity to ask questions, and consent to intravenous sedation for my dental treatment.

Patient name	Date
Patient signature	Anaesthetist