

Preparing for your sedation

If you think sedation is right for you, your dental practice will pass on your details to Safe Sedation. An anaesthetist from the Safe Sedation network will then contact you to carry out a pre-sedation assessment.

Baseline measurements

Some baseline measurements will be recorded at the practice, including:

- ✓ Height
- ✓ Weight
- ✓ Blood pressure
- ✓ Pulse rate
- ✓ Oxygen saturations

If you have a blood pressure machine at home, please bring along any recent readings.

Sharing your medical history

To proceed with sedation, your dental practice will need to share your medical history with the Safe Sedation network. This is managed in confidence and in line with data protection legislation.

Will I need any additional tests?

Your anaesthetist will review your medical history to confirm sedation is safe for you. It would be unusual to require extra tests, but your anaesthetist may review recent blood results or other investigations if needed.

What should I do with my medication?

Take your medication as usual. Your dentist and anaesthetist may advise you to hold off specific medications in the run-up to your appointment – for example blood thinners or certain blood pressure medications.

Can I eat before my appointment?

- ✓ For most patients, a light meal can be eaten 2 hours before the appointment
- ✓ You may be asked to fast for 6 hours if you have certain medical conditions or take medication that affects how your stomach empties – your anaesthetist will let you know
- ✓ You are encouraged to drink clear fluids as usual before your appointment

What should I wear?

Something comfortable and loose-fitting. Your anaesthetist will place monitoring dots on your shoulders and lower left chest, a blood pressure cuff on your arm, and a pulse oximeter on a finger – it's worth factoring this in when choosing what to wear. Painted or gel nails are usually fine.

Helping things run smoothly

- ✓ Visit the toilet before your treatment begins
- ✓ We'll make sure the room is a comfortable temperature, and may place a blanket over you if you feel cold

If you have any questions before your appointment, please contact your dental practice or the Safe Sedation team directly.