

What is conscious sedation?

Your dentist has recommended that you have your dental treatment with the help of sedation. Sedation is when drugs are used to make you feel less anxious and more relaxed. It will make you drowsy, less aware of what is happening and with few memories of what has happened to you during your treatment. It does not make you unconscious and you will be aware of what is happening. Patients will be constantly monitored throughout the procedure.

Sedative drugs (medicines) can be given in a number of ways. Your dentist will decide, with you, which type is the best for your planned dental treatment.

There are different levels of sedation and several methods can be used. You may have sedation:

- * by breathing in gas through a nosepiece (inhalation) HOTSPOT TO PAGE IN BLURB BELOW
- * by injection into a vein in your hand or arm (intravenous) HOTSPOT
- * by swallowing a medicine (oral) HOTSPOT
- * by placing a medicine under your tongue or into the nose (transmucosal) HOTSPOT

The team will discuss the best method to use for you and your treatment. We will give you some information about the type of sedation you will be having for your treatment. If you are particularly anxious about treatment intravenous sedation is often the most practical solution. Further information regarding the various types of sedation are available on our website, or in person at the practice during pre-assessment if this is more suitable.

Our team will give you some instructions to follow. These are important for your safe and comfortable care. For most types of sedation, you will need someone to come with you on the day of your treatment so that he or she can look after you when you go home. You may be drowsy for up to 24 hours afterwards. Your escort will also be given some important information about how best to look after you following your treatment under sedation.

Patient escort information

You have been asked to accompany someone who is having dental treatment under sedation.

Patients can feel less anxious if they receive a sedative drug (medicine) before or during their dental treatment. The drugs used can cause some patients to feel a little disorientated or confused for a short time after the treatment. It is important that someone will be responsible for them and take care of them for the remainder of the day. For intravenous sedation it is necessary for someone to stay with them overnight.

It is important that you follow these instructions. The patient will have been given a telephone number of who to contact if you have any concerns.

The patient will not be allowed to go home until the dentist is satisfied that the patient is in the care of a responsible adult (over 18 years of age). The escort must remain on the premises during treatment and be able to escort the patient home from the dental surgery. Public transport is not usually considered appropriate. Some patients take a little longer than others to be ready to go home so please be aware that a precise time cannot always be given.

The patient's judgement (ability to think clearly) is likely to be affected. Patients should not make any irreversible decisions for up to 24 hours following their treatment.

Patients should be encouraged to rest for a while once they are home. It is not recommended for them to be in charge of others until the next day. Care should be taken when cooking or using domestic appliances.

Patients should not drive a vehicle, ride a bicycle, operate machinery or drink alcohol until the following day and, in some cases, for up to 24 hours. The dentist will advise the patient on the day of treatment. Owing to the after effects of the drugs used, care should be taken when using the internet for personal communication. The dentist will explain to the patient which pain relief medicines he or she may take. Patients should take their usual prescribed medicines unless directed otherwise by their doctor or dentist.

Inhalation sedation

Inhalation sedation means that the sedation is given as a gas. Anxiety is reduced by breathing nitrous oxide with oxygen and occasionally a further sedative, given as a mixed gas. The dentist will give you the gas through a mouth or nosepiece. This will not cover your mouth during treatment.

Once you are sedated, the dentist may use local anaesthetic around the site of the dental treatment. Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections you need will then be given through this numbed area to minimise any discomfort.

What to expect

If you have requested a pre-assessment, it is usual to have two appointments. The first appointment will be for an assessment when your dental treatment under sedation will be planned and discussed with you. The dental treatment may take place at the second and subsequent appointments. If the treatment is needed as an emergency, or it is otherwise considered to be in your best interest, it may be possible to have some treatment under sedation at the first appointment.

It is important that you let the dentist know your medical history and any medicines that you are taking.

If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time. You should let your dentist know if you are breastfeeding.

The dentist will confirm whether you need to restrict what you eat or drink on the day of treatment. If you have any questions or are unclear about having your sedation, then do not hesitate to ask your dentist.

As you receive the gas via a nosepiece, you may get a feeling of warmth throughout your body as well as some mild tingling and light-headedness. You will stay awake and in control of all your reflexes, such as coughing.

Once you are sedated with the gas, the dentist may use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injection that you may need can then be given through this numbed area to reduce the chance of any discomfort.

After the treatment

You are unlikely to have any side effects, such as feeling sick or headache. At the end of the procedure, the dentist will give you some extra oxygen to make you feel more alert. This will speed up your recovery from the effects of the sedation.

You will spend time in the recovery area after the treatment is over. You will be checked by the dentist or an appropriate member of the dental team before you go home. It is not always necessary to have someone with you following this type of simple inhalation sedation. You may be advised not to drive a car, ride a bicycle or operate machinery for up to 2 hours following your treatment.

You will be given information relating to any local analgesia and the dental treatment you have received. The dental team will also advise you about any medicines you may need while recovering from the treatment. You will be given a telephone number of who to contact if you have any problems as a result of the treatment.

Inhalation sedation: Parents or those with parental responsibility for children and young people aged under 16 years

What is inhalation sedation? The child in your care may require dental treatment under inhalation sedation. This will help the child feel less anxious, slightly drowsy and more relaxed for the dental treatment. Inhalation sedation does not make the child unconscious. The child remains awake but may feel warm and detached. The child's memory of the treatment afterwards may be slightly reduced.

Inhalation sedation means that the child will breathe a mixture of nitrous oxide and oxygen and occasionally a further sedative from a nosepiece placed on the nose. This will have a relaxing effect.

Benefits and risks of inhalation sedation

Inhalation sedation is used to reduce anxiety and fear of dental treatment. This makes the child more co-operative. This is particularly helpful if the child is having a longer, uncomfortable or more complicated procedure. It is a widely used technique.

The dentist and members of the dental team are trained to give sedation. They watch the child closely and treat any problems that may develop. The nitrous oxide is completely breathed out of the body within 30 minutes of the end of the treatment. This means that the child can recover very quickly from this type of sedation.

The dentist will give the child some oxygen at the end of the sedation to help prevent the child feeling a bit sick or having a headache.

The child will be asked to wait until the dentist has checked that he or she has fully recovered from the sedation. The child will not be allowed to go home with you until the dentist has checked this.

What to expect

It is sometimes necessary to have two or more appointments. At the first appointment (assessment), the dentist will take a full dental history of the child. Various methods of providing the dental treatment with or without sedation will be explained. Where necessary, the treatment will take place at the second or subsequent appointments.

If it is agreed that dental treatment with inhalation sedation is the best way to treat the child, then the dentist will confirm the child's medical history. If further information is required, the child's general medical practitioner or specialist will be contacted.

How to prepare your child Before the treatment:

The child in your care can eat normally but with only a light meal being taken up to 2 hours before the treatment. Please give the child any routine medicines as normal. Any medicines or inhalers that the child may need should be brought to the dental treatment appointment.

Written consent will be required from the parent/carer before any treatment can be given to the child. If you have agreed and signed the consent form at the assessment appointment, and you are then unable to attend on the day of the treatment, the child must be accompanied by a responsible adult (over 18 years of age).

The child should wear loose, comfortable clothing. No valuables should be brought to the appointment.

If the child is unwell on the day with cold/flu symptoms or any contagious illness, please contact the team for advice. The appointment may need to be rearranged.

Please avoid bringing other children with you on the day of treatment.

What will happen during the sedation?

During the procedure, the child will breathe the nitrous oxide and oxygen and occasionally a further sedative drug through a mouth or nosepiece on the nose. The child may feel warm with tingly fingers and toes.

Once the child is sedated, and feels drowsy and relaxed, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that the child may need can then be given through this numbed area to reduce the chance of any discomfort.

When the dental treatment is completed, the nitrous oxide mixture will be stopped and replaced with oxygen. The nosepiece will be taken off, and the child will be sat up in the dentist's chair and will continue to recover fully for a few minutes. The dentist or a member of the dental team will monitor the child during recovery.

The child will be able to leave the surgery/dental practice once he or she has fully recovered, is alert and is not feeling dizzy. This usually takes about 30 minutes after the treatment has ended. The child will be checked by the dentist before being allowed to go home.

The child may not participate in organised or active sports for the rest of the day but may be able to return to school. The dentist will discuss this with you.

The child can eat and drink normally after the treatment but care should be taken if areas of the mouth are still numb to avoid lip, cheek or tongue biting. You will be given information relating to any local analgesia and the treatment the child has received. The dentist will explain which pain relief medicines the child may have while recovering and the local analgesia wears off.

You will be given a telephone number of who to contact in case of any concerns.

Intravenous sedation.

Intravenous sedation is usually given by using a single drug called midazolam, sometimes in addition to further sedative drugs. A dose of the drug is chosen for you individually. It is given by injection. This is usually into a vein in the back of your hand or in your arm through a cannula.

A cannula is a thin flexible tube. A needle is used to put the cannula in but is then removed immediately. It is normal to feel a sharp scratch when the cannula is inserted. A local anaesthetic paste or liquid can be used first to reduce the pain of the injection. Once the cannula is in the vein, the sedation drug can be given without using any more needles. The cannula remains in until the dentist has checked that you have recovered from the sedation but it will be removed before you go home.

If you have requested a pre-assessment, it is usual to have at least two appointments. The first appointment will be an assessment when your dental treatment under sedation will be planned and discussed with you. The dental treatment under sedation will take place at the second and subsequent appointments. If the treatment is needed as an emergency, or it is otherwise considered to be in your best interest, it may be possible to have treatment under sedation at the first appointment.

The dental team are trained to give sedation. They watch you closely and treat any problems that may develop. They are also required to use appropriate monitoring equipment during sedation. There will be a recovery area where you will be observed until you have made a full recovery from the sedation.

As with the administration of any medicines, there are risks associated with intravenous sedation. These might include:

- * A reduction of oxygen in the blood stream due to poor breathing during sedation. You may be asked by your dentist/sedationist to take deep breaths to correct this. Your breathing and oxygen levels will be monitored throughout the procedure.

- * Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks include allergic reactions to the sedative drugs that you have been given or vomiting during the procedure. Your dentist/ sedationist will discuss any concerns that you may have prior to the procedure taking place. It is important that you let the dentist know your medical history, including any medicines that you are taking. The dentist will need to know if you have ever had any problems with having either sedation or a general anaesthetic.

If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time. You should let the dentist know if you are breastfeeding.

Your dentist will discuss with you and explain what you are able to eat and drink prior to your appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

The information provided here is a general guide for patients having dental treatment with sedation. As part of the face-to-face discussions with your dentist, you may be given advice that is specific to your treatment plan. This may differ in some areas to the general principles outlined here.

Before any treatment is started, the dentist will ask you to confirm consent. This means that you understand the planned treatment and how you will receive the sedation.

What to expect

You will remain conscious during this kind of sedation.

You may experience a temporary loss of memory during the time that you are sedated. Many patients have no memory of the procedure at all. You may feel unsteady on your feet for some hours after the procedure. Your ability to think clearly and make judgements may be affected for the next 24 hours. You may experience some forgetfulness.

Once you are sedated, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that you may need can be given through this numbed area to reduce the chance of any discomfort.

You will spend some time in the recovery area following your treatment. You will be checked by the dentist or the person giving you the sedation before you can go home. You must be accompanied by an able-bodied adult who can take responsibility for you following your treatment. This person may need to stay with you overnight. If arrangements have not been made for someone to accompany you after treatment, you will not be able to have the sedation.

If you have any questions or are unclear about having your sedation, then do not hesitate to ask the team.

After the treatment

Your judgement will be affected by the drugs. This is similar to the effects of consuming alcohol. You should not drive a car, ride a bicycle or operate machinery until the following day. In some cases, this may be for as long as 24 hours. You should also not take responsibility for the care of others, use sharp implements or cook. It would be unwise to make any irreversible decisions for up to 24 hours following your treatment. Owing to the after effects of the drugs used, care should be taken when using the internet for personal communication.

Before you are discharged, the dentist or dental nurse will give you and the adult accompanying you (escort) important information about your care. You will be given information relating to any local analgesia and the treatment you have received. The dentist will also provide details of pain relief as well as how and when to take other prescription medicines.

You will be given a telephone number of who to contact if you have any problems as a result of your treatment.

Intravenous sedation with more than one drug

More than one sedative medicine can be used for people having more complicated dental procedures or those with severe anxiety. Our team will tell you if this applies to you.

A dose of the sedative drugs will be chosen for you individually and given by injection. This is usually into a vein in the back of your hand or in your arm through a cannula.

A cannula is a thin flexible tube. A needle is used to put the cannula in but is then removed immediately. It is normal to feel a sharp scratch when the cannula is inserted. A local anaesthetic paste or liquid can be used first to reduce the pain of the injection. Once the cannula is in the vein, the sedation drugs can be given without using any more needles. The cannula remains in until the dentist has checked that you have recovered from the sedation but it will be removed before you go home.

If you have requested a pre-assessment, it is usual to have at least two appointments. The first appointment will be an assessment when your dental treatment under sedation will be planned and discussed with you. The dental treatment under sedation will take place at the second and subsequent appointments. If the treatment is needed as an emergency, or it is otherwise considered to be in the patient's best interest, it may be possible to have some treatment under sedation at the first appointment.

The dental team are trained to give sedation. They watch you closely and treat any problems that may develop. They are also required to use appropriate monitoring equipment during sedation. There will be a recovery area where you will be observed until you have made a full recovery from the sedation.

As with the administration of any medicines, there are risks associated with intravenous sedation. Sedation with more than one drug can increase the risk of complications.

Risks include:

* A reduction of oxygen in the blood stream due to poor breathing during sedation. You may be asked by your dentist/ sedationist to take deep breaths to correct this. Your breathing and oxygen levels will be monitored throughout the procedure.

* Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks are allergic reactions to the sedative drugs that you have been given or vomiting during the procedure. There is a small risk of you becoming more deeply sedated than intended when having more than one sedative drug. Your dentist/sedationist will discuss any concerns that you may have prior to the procedure taking place.

It is important that you let the dentist know your medical history and any medicines that you are taking. The dentist will need to know if you have ever had any problems with having either sedation or a general anaesthetic.

If you think you may be pregnant, you should let the dentist know. You may need to come back to have your treatment at another time. You should let your dentist know if you are breastfeeding.

Your dentist will discuss with you and explain what you are able to eat and drink prior to your appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

The information provided here is a general guide for patients having dental treatment with sedation. As part of the face-to-face discussions with your dentist, you may be given advice that is

specific to your treatment plan. This may differ in some areas to the general principles outlined here.

Before any treatment is started, the dentist will ask you to confirm consent. This means that you understand the planned treatment and how you will receive the sedation.

What to expect

You will remain conscious during this kind of sedation.

You may experience a temporary loss of memory during the time that you are sedated. Many patients have no memory of the procedure at all. You may feel unsteady on your feet for some hours after the procedure. Your ability to think clearly and make judgements may be affected for the next 24 hours. You may experience some forgetfulness.

Once you are sedated, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment.

Any injections that you may need can be given through this numbed area to reduce the chance of any discomfort.

You will spend some time in the recovery area following your treatment. You will be checked by the dentist or the person giving you the sedation before you can go home.

You must be accompanied by an able-bodied adult who can take responsibility for you following your treatment. This person must be able to stay with you overnight. If arrangements have not been made for someone to accompany you after treatment, you will not be able to have the sedation.

If you have any questions or are unclear about having your sedation, then do not hesitate to ask the dentist.

After the treatment

Your judgement may be affected by the drugs. This is similar to the effects of consuming alcohol. You should not drive a car, ride a bicycle or operate machinery until the following day. In some cases, this may be for as long as 24 hours. You should also not take responsibility for the care of others, use sharp implements or cook. It would be unwise to make any irreversible decisions for 24 hours following your treatment. Owing to the effects of the drugs used, care should be taken when using the internet for personal communication.

Before you are discharged, the dentist or dental nurse will give you and the adult accompanying you (escort) important information about your care. You will be given information relating to any local analgesia and the treatment you have received. The dentist will also provide details of pain relief as well as how and when to take other prescription medicines.

You will be given a telephone number of who to contact if you have any problems as a result of your treatment.

Intravenous sedation: Young people aged 12–16 years

What is intravenous sedation?

This is when you receive a drug to sedate you while you have your dental treatment. The drug makes you feel sleepy and relaxed but you will not be unconscious. It is given by your dentist, or by another dentist or a doctor.

Why should I have intravenous sedation?

Having sedation this way helps reduce any worry or anxiety you have about having your teeth treated. It can also help if you need a very long procedure or a painful procedure, such as having a tooth out.

Consent

The information provided here is a general guide for all patients having intravenous sedation. The team will discuss with you your specific treatment plan and some of the advice described might not be relevant to the treatment you are going to have.

Nothing will happen until you and your parent or guardian understand and agree what has been planned for you. You will be able to discuss the treatment with your dentist. Your parent or guardian will need to be with you on the day of the treatment to sign the consent form, even if it was signed at an assessment visit.

Getting ready for your sedation

Before you have intravenous sedation, the dentist /sedationist will ask you about your general health. If you have any long-term medical problems, the dentist will discuss these with you and your parent or guardian. The dentist will have also checked your height, weight, blood pressure (taken with a cuff that wraps around your arm) and oxygen levels in your blood, using a clip that attaches to your finger.

On the day of the treatment, you should take any regular medicines and bring your medicines or inhalers with you.

If you have a cold or feel unwell, you or your parent/guardian will need to tell the dentist as you need to be as healthy as possible on the day of treatment.

If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time.

Leave all jewellery and valuables at home. Do not wear excessive make up or any nail polish to the appointment. These can interfere with the monitoring equipment that is used while you are sedated.

Your dentist will discuss with you and explain what you are able to eat and drink prior to your appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

Clothing Wear loose, comfortable clothing and flat shoes. If you wear contact lenses, you may need to remove them. You may need to bring your glasses or spare lenses to wear after the appointment.

Having the intravenous sedation

Your dentist or a member of the dental team may put an anaesthetic cream on the back of your hand or on your arm about 45–60 minutes before the appointment. You may be asked to do this at home, before you come to the dental surgery.

The cream makes the skin on your hand or arm go numb. The dentist (or doctor who will be helping with the sedation) will then place a cannula in a vein in your hand or arm. A cannula is a

thin flexible tube. A needle is used to put the cannula in. The needle is then removed straight away but the cannula stays inside the vein. The anaesthetic cream placed on the hand or arm helps reduce the discomfort of having the cannula inserted.

Once the cannula is in the vein, the sedation drug can be injected through it without using any more needles. The cannula is left in until the dentist (or doctor) allows you to go home. He or she will check that you have recovered properly from the sedation before letting you leave the dental surgery.

Your parent or guardian will be with you until the sedative drug is given and will then usually wait for you outside the surgery while your teeth are treated.

While you are sedated and having your dental treatment Once you are sedated, and feel drowsy and relaxed, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that you may need can then be given through this numbed area to reduce the chance of any discomfort.

A small clip will be put on your finger to measure your heart rate and the level of oxygen in your blood. Your blood pressure will be taken while you are sedated.

How will I feel? You will feel drowsy and sleepy during the treatment. Afterwards you may not remember very much about the treatment.

Afterwards

You may be moved to another area to recover fully. The dental team will decide when it is safe for you go home. You will need to rest at home. You cannot go home on your own – your parent, guardian or other responsible adult will need to stay with you for the rest of the day.

You may feel sick or drowsy. You may have a bruise where the cannula was. Your mouth may

still feel numb or tingly for up to 3 hours. You will need to be careful not to bite your lip or cheek while it is numb.

You will need to avoid any strenuous exercise like riding a bike, driving a car or motorbike, playing active sports or training until at least the following day. Sometimes you may need to avoid these things for 24 hours but your dentist will advise you.

You should be careful about what you write or text on social media after your treatment as you may be a bit muddled and lack judgement.

Are there any risks to intravenous sedation I should know about?

Intravenous sedation is widely used but, as with taking any medicines, there are risks. Your dentist and members of the dental team are trained to give sedation. They watch you closely and treat any problems that may develop. The key risks are:

* A reduction of oxygen in the blood stream due to poor breathing during sedation. You may be asked by the dentist/ sedationist to take deep breaths to correct this. Your breathing and oxygen levels will

be monitored throughout the procedure.

* Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks are allergic reactions to the sedative drugs that you have been given or vomiting during the procedure. Your dentist/ sedationist will discuss any concerns that you may have prior to the procedure taking place.

Before you are discharged, you will be given information about pain relief as well as how and when to take any prescription medicines. You will be given information relating to any local analgesia and the treatment you have received. You or your parent/guardian will be given a telephone number of who to contact if you have any concerns.

Oral sedation

Oral sedation means that the sedation drugs are swallowed as a tablet or liquid. It takes about 10 minutes for the effects of the drug to work.

Once you are sedated, you will usually have a small cannula placed in the back of your hand or in your arm.

A cannula is a thin flexible tube. A needle is used to put the cannula in but is then removed immediately. It is normal to feel a sharp scratch when the cannula is inserted. A local anaesthetic paste or liquid can be used first to reduce the pain of the injection. Once the cannula is in the vein, the sedation drug can be given without using any more needles. The cannula remains in until the dentist has checked that you have recovered from the sedation but it will be removed before you go home.

It is usual to have at least two appointments. The first appointment will be an assessment when your dental treatment under sedation will be planned and discussed with you. The dental treatment under sedation will take place at the second and subsequent appointments. If the treatment is needed as an emergency, or it is otherwise considered to be in your best interest, it may be possible to have treatment under sedation at the first appointment.

Your dentist and members of the dental team are trained to give sedation. They watch you closely and treat any problems that may develop. They are also required to use appropriate monitoring equipment during sedation. There will be a recovery area where you will be observed until you have made a full recovery from the sedation.

As with the administration of any medicines, there are risks associated with oral sedation. Risks include:

* A reduction of oxygen in the blood stream due to poor breathing during sedation. You may be asked by your dentist/ sedationist to take deep breaths to correct this. Your breathing and oxygen levels will be monitored throughout the procedure.

* Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks are allergic reactions to the sedative drugs that you have been given or vomiting during the procedure. Your dentist/ sedationist will discuss any concerns that you may have prior to the procedure taking place.

It is important that you let the dentist know your medical history and any medicines that you are taking. The dentist will need to know if you have ever had any problems with having either sedation or a general anaesthetic.

If you think you may be pregnant, you should let the dentist know. You may need to come back to have your treatment at another time. You should let your dentist know if you are breastfeeding.

Your dentist will discuss with you and explain what you are able to eat and drink prior to your appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

The information provided here is a general guide for patients having dental treatment with sedation. As part of the face-to-face discussions with your dentist, you may be given advice that is specific to your treatment plan. This may differ in some areas to the general principles outlined here.

Before any treatment is started, the dentist will ask you to confirm consent. This means that you understand the planned treatment and how you will receive the sedation.

What to expect

You will remain conscious during this kind of sedation. You may experience a temporary loss of memory during the time that you are sedated. Many patients have no memory of the procedure at all. You may also feel unsteady on your feet for some hours after the procedure. Your ability to think clearly and make judgements may be affected for the next 24 hours. You may experience some forgetfulness.

Once you are sedated, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that you may need can be given through this numbed area to reduce the chance of any discomfort.

You will spend some time in the recovery area following your treatment. You will be checked by the dentist or the person giving you the sedation before you can go home. You must be accompanied by an able-bodied adult who can take responsibility for you following your treatment. This person may need to be able to stay with you overnight. If arrangements have not been made for someone to accompany you after treatment, you will not be able to have the sedation.

If you have any questions or are unclear about having your sedation, then do not hesitate to ask your dentist.

After the treatment

Your judgement may be affected by the drugs. This is similar to the effects of consuming alcohol. You should not drive a car, ride a bicycle or operate machinery until the following day. In some cases, this may be for as long as 24 hours. You should also not take responsibility for the care of others, use sharp implements or cook. It would be unwise to make any irreversible decisions for 24 hours following your treatment.

Owing to the effects of the drugs used, care should be taken when using the internet for personal communication.

Before you are discharged, the dentist or dental nurse will give you and the adult accompanying you (escort) important information about your care. You will be given information relating to any local analgesia and treatment you have received. The dentist will also provide details of pain relief as well as how and when to take other prescription medicines.

You will be given a telephone number of who to contact if you have any problems as a result of your treatment.

Oral sedation: Parents or those with parental responsibility for children and young people aged under 16 years

What is oral sedation?

The child in your care may require oral sedation for dental treatment. The use of a sedative drug (medicine) makes the child drowsy, less aware of what is happening and with few memories of what has happened during the treatment. Oral sedation does not make your child unconscious.

Oral sedation is usually given as a single drug called midazolam. A dose, chosen for your child individually, will be given as a drink or as a syrup. The sedation usually takes 20 minutes to take effect.

Once the child is sedated (drowsy), a needle is used to place a cannula (small plastic tube) into a vein in the back of the hand or in the arm. This allows a drug to be given that reverses the effect of the sedation, if necessary. A cream containing local anaesthetic will be used on the back of the hand to numb the area, before this cannula is placed. You may be asked to apply this cream to the child before coming to the dental surgery.

Benefits and risks of oral sedation Oral sedation is used to reduce anxiety and fear of dental treatment. This usually makes children more co-operative when having treatment. It is particularly helpful if children are having a long, uncomfortable or more complicated procedure.

The dentist and members of the dental team are trained to give sedation. They watch the child closely and treat any problems that may develop. They are required to use appropriate monitoring equipment during sedation. The child will go to a recovery area after the treatment where he or she will be observed until a full recovery from the sedation has been made.

It is a widely used technique but, as with the administration of any medicines, there are risks associated with oral sedation. Risks include:

* A reduction of oxygen in the blood stream due to poor breathing during sedation. The child may be asked by the dentist/sedationist to take

deep breaths to correct this. The dentist/sedationist will continually monitor the child's breathing and oxygen levels throughout the procedure.

* Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks are allergic reactions to the sedative drugs that your child has been given or vomiting during the procedure. Your dentist/ sedationist will discuss any concerns that you may have about the child prior to the procedure taking place.

An oxygen supply will be available and oxygen will be given if necessary. There is also a risk that the child may not like the feeling of sedation and become tearful, in which case the sedation may be stopped.

What to expect The various methods of dental treatment planned for the child will be discussed with you at a separate assessment appointment following a full dental examination. In exceptional circumstances, treatment may be carried out on the same day as assessment.

Before the sedation can be given, the dentist will confirm:

* The child's height and weight

* The child's blood pressure – taken with a cuff on the child's arm. This may not happen for young children.

* The level of oxygen in the blood – taken with a simple clip on the child's finger

* The child's medical history. If further information is required at this stage, the child's general medical practitioner or specialist will be contacted.

If you have any questions or are unclear about the sedation planned for the child, do not hesitate to ask your dentist.

How to prepare your child The dentist will discuss with you and explain what the patient is able to eat and drink prior to the appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

Written consent will be required from the person with parental responsibility/carer before any treatment can be given to the child. If you have agreed and signed the consent form at the assessment appointment and you are then unable to attend with the child on the day of treatment, the child must be accompanied by a responsible adult (over 18 years of age).

Please give routine medicines as normal. Any medicines or inhalers that the child may need should be brought with you to the appointment.

Dress your child in loose, comfortable clothing. No valuables should be brought to the appointment.

If the child is unwell on the day with cold/flu symptoms or any contagious illness, please contact the dentist for advice.

The appointment may need to be rearranged.

Please avoid bringing other children with you on the day of treatment

What will happen?

The child will be monitored during the procedure. This will include measurements of blood pressure, heart rate and oxygen levels at regular intervals.

Once the child is sedated, and feels drowsy and relaxed, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that the child may need can then be given through this numbed area to reduce the chance of any discomfort.

After the treatment has finished, the child will spend some time in the recovery area until alert and responsive. He or she will be checked by the dentist before being allowed to go home.

The child may not return to school and should not participate in active sports for the rest of the day. You may wish to make plans about how best to travel home with the child following the treatment.

The child must be supervised by a responsible adult for the rest of the day. Arrangements may need to be made for the care of other children or elderly dependent relatives during this time.

Children can be sleepy, upset or agitated for up to 3 hours after treatment. They will, however, have little memory of the procedure. Occasionally, they get hiccups. There may be some bruising on the hand or arm where the cannula was inserted.

You will be given information relating to any local analgesia and the treatment the child has received. The dental team will advise you about any medicines the child may need while recovering from the treatment.

You will be given a telephone number of who to contact in case of any concerns.

Transmucosal sedation: Information for parents or carers

What is transmucosal sedation?

The child or adult in your care may require dental treatment under sedation. Anxiety can be reduced by sedative drugs (medicines), which also make the patient drowsy. The dentist will be able to explain why the patient might benefit from having sedation.

Transmucosal sedation is generally given through a fine spray, which is squirted into the nose. The sedation drugs are absorbed through the lining of the nose and enter the bloodstream. It can take 5–10 minutes for the effects of the drug to work.

Once the sedation medicine has taken effect, for the patient's safety, a needle is used to place a cannula (small plastic tube) in a vein in the back of the hand or in the arm. The dentist will use the cannula to reverse the effects of the sedation if necessary. A cream containing local anaesthetic may be used to make the injection site numb before the cannula is inserted.

Benefits and risks of transmucosal sedation:

Transmucosal sedation reduces anxiety and fear of dental treatment. This is particularly helpful if the patient is having

a long, uncomfortable or more complicated procedure.

The dentist and members of the dental team are trained to give sedation. They watch the patient closely and treat any problems that may develop. An oxygen supply will be available and oxygen will be given by mask if necessary. They are also required to use appropriate monitoring equipment during sedation. There will be a recovery area where the patient will be observed until he or she has made a full recovery from the sedation.

It is a widely used technique but, as with the administration of any medicines, there are risks associated with intranasal sedation. These risks include:

* A reduction of oxygen in the blood stream due to poor breathing during sedation. The patient may be asked by the dentist/sedationist to take deep breaths to correct this. The dentist/sedationist will continually monitor the

patient's breathing and oxygen levels throughout the procedure.

* Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks are allergic reactions to the sedative drugs the patient has been given or vomiting during the procedure. The dentist/ sedationist will discuss any concerns that you may have about the patient prior to the procedure taking place.

What to expect

The method of dental treatment planned for the patient in your care will be discussed with you at a separate assessment appointment. The dental treatment will take place at second and subsequent appointments. In exceptional circumstances, treatment may be carried out on the same day as assessment. It is important that the dentist knows of any recent changes in the patient's medical history and of any medicines being taken.

If you think the patient may be pregnant or breastfeeding, you need to let the dentist know. The patient may need to come back to have the treatment at another time.

Before the treatment is started, the dentist will need to take a full medical history and, if necessary, contact the patient's general medical practitioner or specialist. The patient will need to have their blood pressure taken with a cuff on their arm and the level of oxygen in their blood measured with a clip on their finger.

How to prepare the patient

The information provided here is to help parents or carers understand the process of sedation. It is a general guide. As part of the face-to-face discussions with the dentist, the patient in your care may be given specific advice that may differ from the general principles outlined here.

There are complicated rules regarding consent for patients with limited capacity. The dentist will explain to you and the patient what steps need to be taken to ensure that consent is properly obtained. No treatment can be started without consent.

Additional information, with pictures, has been developed to be used with this information. The pictures help explain the procedures and effects of sedation. The treatment pictures appear at the end of this leaflet.

The dentist will discuss with you and explain what the patient is able to eat and drink prior to the appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

If the patient is unwell on the day with cold/flu symptoms or any contagious illness, please contact the dentist for advice. The appointment may need to be rearranged.

What will happen during the sedation?

The patient will remain conscious during the sedation but may experience some temporary loss of memory during the time that he or she is sedated. Many patients have no memory of the procedure at all. Patients may feel unsteady on their feet for some hours after the procedure. They may be affected for the rest of the day. They may experience some forgetfulness.

The patient will be monitored by the dentist and the dental team during the procedure. This will include measurements of blood pressure, heart rate and oxygen levels at regular intervals.

Once the patient is sedated, and feels drowsy and relaxed, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that the patient may need can then be given through this numbed area to reduce the chance of any discomfort.

The patient will spend some time in the recovery area following the treatment. He or she will be checked by the dentist or the person giving the sedation and will not be allowed to go home until alert and responsive. The patient will need to be accompanied home by an able-bodied adult who can take responsibility for him or her for the rest of the day. Escorts should not bring other children with them on the day of the treatment.

Children may not return to school and should not participate in active sports for the rest of the day. You may wish to make plans about how best to travel home with the patient following treatment.

All patients need to be supervised by a responsible adult for the remainder of the day. The parent/carer may need to make arrangements for the care of other children or elderly dependent relatives during this time.

Adult patients should be aware that their judgement may be affected and care should be taken for the next 24 hours if the patient is using the internet for personal communication. They are advised

not to drive, ride a bicycle or operate machinery until the following day or, in some cases, for 24 hours.

You will be given information relating to any local anaesthetic or treatment that the patient has received. The dental team will give you advice about any medicines the patient will need while recovering from the treatment. You will be given a telephone number of who to contact if you have any concerns.

The day of your dental sedation procedure

Please arrive promptly for your appointment.

Do not bring children with you.

Make sure that you have followed any advice that you have been given by the team about eating and drinking before your appointment.

Bring with you a list of any medicines that you are currently taking. You should take your routine medicines on the day of the procedure. Please let us know if your medical history has changed since you last saw the dentist.

If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time. You should let the dentist know if you are breastfeeding.

It is sensible to wear loose, comfortable clothing and flat shoes. You may need to remove any contact lenses so remember to take your glasses or a replacement pair of lenses for use once the treatment is finished.

The dentist will need to monitor you carefully while you are sedated. To help with this, please remove nail varnish and do not wear excessive make up or jewellery.

Do not bring valuables with you.

If you feel unwell on the day of the procedure, please telephone the number provided.

If you have been asked to arrange for someone to go home with you, it is essential that this person is available. If you do not have an escort, you will not be able to have your procedure under sedation.

After your treatment, you will be given a telephone number of who to contact if there are any problems.