



SEDATION EXPLAINED

This leaflet explains what is sedation, how does it work and when you may need it. It also explains the benefits and risks of using sedation and what it might feel like.

Importantly, it tells you what you will need to plan for your care after sedation. Sedation is usually given into your vein (IV or intravenous), but can sometimes be given by mouth (oral) or through a face mask.

What is intravenous sedation?

Intravenous sedation is when a sedative (sedation medicine) is injected into your bloodstream (vein) through a drip (tube) to relax you.

'Sedationist' is the name given to the Anaesthetist/Dentist/Doctor who does this.

They are trained in giving the right amount of sedative and managing any side effects. Your sedationist will stay with throughout your treatment. The dentist gives local anaesthetic into the areas being treated, but the patient will not be aware of that being done, especially in the early stages of the procedure.

Conscious sedation is NOT a General Anaesthetic.

At no time is the patient unconscious during the procedure, but will not be aware of what is happening. The effects of the drugs take at least 24 hours to wear off. Certain patients are not suitable for treatment under sedation, but this will only become apparent once the procedure starts.

There are three different levels of intravenous sedation. They are called 'minimal', 'moderate' (sometimes also called conscious sedation) and 'deep' sedation.

■ Minimal sedation – the sedationist will give you a small amount of sedative. You will feel



relaxed and less worried by what is happening around you, but you will be awake and able to talk normally. You are likely to remember having your treatment, but not all the detail. Minimal sedation should not affect your breathing.

- Moderate sedation (conscious sedation) – the sedationist will give you a little more sedative(s) so you will feel very relaxed and drowsy. Importantly though, your sedationist can still talk with you and you will still be able to follow simple instructions. You may remember some parts of your treatment. Moderate sedation should not affect your breathing.

- Deep sedation – This type of sedation is beyond the scope of general dental practice and procedures in the UK. In deep sedation, your breathing is affected and hence, it is only administered in a hospital setting.

What are the differences between sedation and general anaesthesia?

The main differences between sedation and general anaesthesia are:

- your level of consciousness
- the need for equipment to help support your breathing
- possible side effects.

With minimal and moderate sedation, you feel drowsy, comfortable, sleepy and relaxed, but you remain conscious throughout the procedure.

With general anaesthesia you are completely unresponsive and unconscious during the procedure.

- It usually has fewer side effects than a general anaesthetic.
- Recovery is quicker than after a general anaesthetic, so you can usually go home within an hour of your treatment if you feel well.

What are the risks of intravenous sedation?



- Your breathing rate may become slow. This is common in deep sedation, but is a risk whenever sedation is used. The sedationist is skilled in monitoring you and can assist your breathing if required.
- It is common for your blood pressure to drop, but the sedationist is trained in treating this too.
- Feeling sick or vomiting can happen, but is uncommon.
- Any allergic reaction to the sedation drugs is very rare.
- You may have a small bruise where your cannula was placed or attempted.
- Afterwards you may feel less steady on your feet and you may be at higher risk of falling, especially if you are elderly.
- Sedation can affect your judgement and memory for up to 24 hours.

What are the alternatives to sedation?

- A general anaesthetic: you will be fully unconscious throughout and have no memory of the procedure.
- Local anaesthetic without any sedation: you will be fully awake during your treatment, but will be comfortable. A screen can be placed to stop you seeing the procedure.

Who decides whether I can have sedation?

You can discuss the option of sedation with your doctor or nurse at the time of assessment. If it hasn't been offered, you can always ask to see if it is possible to have it.

If you are at higher risk from existing medical conditions, your doctors will discuss the options with you and you can reach a decision together.

Pre-operative preparation:

- If you have people that you look after, for example children or old people, you will need to plan for someone else to look after them until the next day.
- A capable adult will need to take you home by car or taxi – ideally not public transport. As the effects of sedation can last up to 24 hours; they should stay overnight to look after you.



- Take all your medicines with you, including any inhalers you use.
- If you have an illness, a cold or you are pregnant, please contact your dentist as it may not be safe to have sedation. Your treatment may have to be re-arranged.
- Let your doctor know on the day of the procedure if you are breastfeeding.
- Remove all makeup – including nail varnish and jewellery – before coming to the surgery. You may wear a wedding band.
- Bring some loose clothing, such as a dressing gown or a fleece, to keep you comfortable and warm. Wear flat shoes that are easy to put on.

Can I eat and drink before my treatment?

The dentist or sedationist will give you instructions on when to stop eating and drinking. You will usually be asked to stop eating six hours before your treatment, but you may drink clear fluids up to two hours before your treatment. Clear fluids you will be allowed to drink include water, diluted juice (no bits) and black tea or coffee (no milk or cream). If you have diabetes, you should ask for specific instructions about when you should take your medication and stop eating food.

Intra operative (During the treatment):

When you go to the procedure room, your sedationist will attach some monitoring equipment to you. The equipment used will depend upon what procedure and type of sedation you are having, but will usually include:

- a blood pressure cuff on your arm
- a clip on your finger to measure your oxygen levels

How is intravenous sedation given?

- The sedation is given through a drip (cannula) which is put into a vein in your arm or the back of your hand. More can be given as you need it during the procedure.



What does sedation feel like?

This will vary between people, from feeling very happy and relaxed to being aware but not care.

When we asked some patients what it felt like, some answers were:

'I felt very spaced out and dreamy'

'I thought I had been awake during it all but I must have drifted off at times as suddenly it was an hour later'

'I felt really relaxed and happy'

'It was weird – I felt very detached from what was happening around me.'

Post-operative Care:

When can I go home?

■ If you have light or moderate sedation, you can usually go home within an hour of your treatment.

Are there any important instructions for afterwards?

■ As previously stated, a capable adult will need to take you home by car or taxi – ideally not public transport – and remain with you overnight. If arrangements have not been made for someone to accompany you after treatment, you may not be able to go home after the procedure.

■ Sedation may make you unsteady on your feet. Please be careful on stairs and have somebody with you if you feel unsteady.

■ Your decision making may be affected for up to 24 hours after your treatment, so you should not make any important decisions during that time. Be careful if using social media.

■ You should not return to work, look after dependants, drive, cook or operate any machinery for 24 hours. It can take 24 hours for the drugs to leave your body.

■ You should not take any alcohol or sleeping tablets for 24 hours after the procedure.

■ Your doctor will give written instructions about further treatment to follow at home.



- The hospital will give you a contact telephone number to call if you feel unwell at home.
- If after the procedure you are concerned, feel unwell, or cannot find this number, you can call your GP, ring 111, or go to your local accident and emergency department with a capable adult if necessary.

Side-effects, complications and risks

In modern anaesthesia, serious problems are uncommon. Risk cannot be removed completely, but modern drugs, equipment and training have made anaesthesia a much safer procedure in recent years.

Anaesthetists take a lot of care to avoid all the risks outlined in this section. Your anaesthetist will be able to give you more information about any of these risks and the precautions taken to avoid them.

Risks associated with Sedatives:

- Feeling sick.
- Sore throat.
- Shivering.
- Becoming confused after an operation.
- Serious allergy during an anaesthetic (anaphylaxis).
- Headache
- Death or brain damage. (Rare)

Please ask your dentist or the sedationist if you require further information.

The different options of dental treatment have been explained to me.

I have read and understand what Conscious Sedation is:



Patient/Parent:

Date:

Consent to Intravenous Conscious Sedation

I have been fully informed and I declare the following:

1. I understand the nature of intravenous conscious sedation and analgesia, the purpose of the procedure and the risks involved. I understand that no guarantee can be given with regard to the results obtained. Conscious sedation entails the administration of sedative and/or analgesic drugs to induce a reduced level of consciousness to such an extent that normal protective airway reflexes and spontaneous respiration are maintained, and cardiovascular function is unaffected. Conscious sedation, together with regional/local anaesthesia will put me/the patient in a relaxed state to make minor surgery possible. I understand that it is not a general anaesthetic and that I/ the patient will not be unconscious, as I/the patient may have to respond to commands from the surgeon/dentist or the sedationist.

2. Unforeseen adverse events may arise during/after sedation that may require additional or different medications or treatment. I authorise the sedationist to treat such adverse events according to his/her professional judgement. I understand that possible adverse events include but are not limited to:

- Unintended loss of consciousness
- Drowsiness/dizziness



- Shivering (4%)
- Headaches (4%)
- Post sedation nausea & vomiting (0.7%)

3. I give consent to the administration of such sedative and/or analgesic drugs, as may be considered necessary or advisable by the practitioner.

4. I have been informed that I can contact Lotus Sedations (Lotus Abode Ltd) or the sedationist directly, should there be anything that I wish to have explained to me at this stage.

5. I confirm that I have received written/oral explanation and instructions regarding the sedation, which I understand. I will abide by the pre- and postoperative instructions.

6. I confirm that I have completed the medical history questionnaire, and that I have listed the drugs that I have taken over the last six months.

7. I know that I can refuse treatment.

8. I have read and agree to the Terms and Conditions of Lotus Sedations (Lotus Abode Ltd).

9. I accept full and complete responsibility for actual and potential costs associated with conscious sedation, and I accept full responsibility for the costs that have been explained to me.

I _____ resident of address _____



hereby authorise the dental or medical procedure to be performed utilising intravenous conscious sedation.

Signature (patient / parent / guardian)

Terms & Conditions

1 Introduction 1.1 We are Lotus Sedations (Lotus Abode Ltd) a limited liability partnership registered in England and Wales under company number 10741498 whose registered office is at 114-116 Good Mayes Road, Ilford, England IG3 9UZ 1.2 These are our terms and conditions of business. Please read them carefully - in certain places they restrict your legal rights - and please contact us by telephone on 07793751600 or by email lotussedations@gmail.com if you want to clarify or discuss any of these terms and conditions.

2 Definitions and Interpretation In these terms and conditions unless the context otherwise requires, the following definitions apply: Clause means a clause set out in these terms and conditions; Fee means the sum payable by you to us in consideration of Services provided to you by us as set out in the Letter; Good industry Practice means the degree of skill, care, prudence and foresight which would reasonably be expected from a reasonably and appropriately skilled, trained and experienced sedationist; Letter means



the letter sent from us to you regarding the provision of Services on the Treatment Date; Pack means a pack containing: the Letter; pre and post sedation instructions; a patient information sheet; medical history form;; payment instructions; and these terms and conditions including the credit card mandate which we will send to you prior to the Treatment Date; Services means human sedation services in relation to medical and dental procedures as set out in the Letter; Surgery means the location set out in the Letter where the Services are to be provided; and Treatment date means the date when the Services are to be provided by us as set out in the Letter or as otherwise agreed between you and us in writing.

2.2 Words importing the singular shall include the plural and vice versa, words importing a gender shall include all genders and words importing persons shall include bodies corporate, unincorporated associations and partnerships. 2.3 Headings are included for ease of reference only.

3 Dealings between you and us 3.1 These are the terms and conditions (as revised or updated by us from time to time) upon which we are willing to supply Services to you and they will apply to all dealings between you and us to the exclusion of all other terms and conditions except those set out in the Letter.

3.2 If there is any inconsistency between these terms and conditions and the Letter then the latter shall prevail. 3.3 The contract is made when you sign the consent in the Letter which confirms your agreement to these terms.

4 Cancellation 4.1 Should you wish to cancel the Services or re-schedule the Treatment Date you must notify us as soon as possible in writing. 4.2 You may cancel the Services and receive a full refund of the Fee paid during the seven working day cooling off period commencing on the day after signature of the Letter. Please note that this cooling off period and your right to cancel will terminate automatically on performance of the Services. 4.3 Subject to Clause 4.2, if you cancel the Services with 5 working days or less notice you shall still be liable to pay us the Fee in full. 4.4 Subject to Clause 4.2, if you cancel the Services with more than 5 working days' notice then we shall be entitled to charge you, and you shall pay, for any of our costs reasonably incurred in anticipation of the provision of the Services up to the date of cancellation or where we have already received payment of the Fee we will refund the Fee less any of our costs reasonably incurred in anticipation of the provision of the Services up to the date of cancellation.

4.5 We may at our discretion accept any request to re-schedule the Treatment Date. Should we be unable to accept your request for re-scheduling the Treatment Date we shall inform you verbally or in writing and if no further dates are proposed by you within 7 days of our notification, then the Services will be deemed to have been cancelled and clauses 4.3 and 4.4 shall apply.

5 Services 5.1 We will provide the Services: a) in accordance with Good Industry Practice; b) using appropriately trained, experienced and accredited personnel; and c) in accordance with all laws, regulations and guidelines relating to the sedation of patients for medical and dental purposes.

6. Your Obligations: 6.1 You shall: a) fill in and return the credit card mandate or telephone us to make the payment of the Fee no more than 2 working days prior to the Treatment Date; b) read and comply with the pre and post sedation instructions in the Pack; and c) fill in the medical history form accurately and return it to us so that we receive it at least 2 working days prior to the Treatment Date. 6.2 You understand, acknowledge and agree that: a) any failure by you to comply with your obligations in



condition 6.1 shall mean that we are under no obligation to provide Services to you; b) we will provide the Services as appropriate based on the information you provide to us in the medical history form. Accordingly we shall not be liable to you in any way for any acts or omissions by us caused by inaccurate or misleading information being provided by you in respect of your medical history; c) if on receipt and inspection of your completed medical history form we reasonably decide that you are unable to receive the Services we reserve the right to refuse to provide the Services; and (d) in circumstances where Clause 6.2 (a), (b) or (c) apply you will be deemed to have cancelled the Services and Clause 4.3 will apply.

7 Payment 7.1 The Fee set out in the Letter is calculated by taking our hourly rate and multiplying this by the predicted duration of the procedure. You shall pay the Fee in full for the Services at least 1 working day in advance of the Treatment Date. We shall be under no obligation to provide the Services until we have received the Fee in cleared funds. Where the procedure takes longer than the predicted duration set out in the Letter, you will be invoiced after the Treatment for the outstanding balance. This outstanding balance must be paid within 30 days of the date of invoice. 7.2 The Fee is inclusive of any value added tax. 7.3 We accept payment for the Services by debit or credit card as explained in the Pack and you may use your credit or debit card to pay over the telephone or fill in and return the credit card mandate above. 7.4 All payments you make must be in pounds sterling unless the Letter states otherwise. 7.5 You must make all payments due to us without any deduction.

8 Our liability to you 8.1 Nothing in these terms and conditions shall exclude or limit our liability for: (i) death or personal injury arising from our negligence; (ii) fraud or fraudulent misrepresentation; or (iii) any other liability that cannot be limited or excluded by law. 8.2 The warranties and conditions stated in these terms and conditions are in lieu of all other conditions, warranties or other terms that might be implied into or incorporated into these terms and conditions whether by statute, common law or otherwise, all of which are hereby excluded to the extent permitted by law. 8.3 Subject to condition 8.1 our total aggregate liability to you under or in connection with these terms and conditions (whether such liability arises under any statute or in contract, or otherwise) shall be limited to the value of the Fee.

9 Personal information 9.1 Save as set out below, we will use all personal information that is supplied to us by you or a third party on your behalf for the purpose of providing you with the Services. 9.2 We may also use the personal information we collect about you or that you or a third party on your behalf gives to us for the following purposes: a) to comply with legal and regulatory requirements; b) to detect, investigate and prevent fraud and to trace debtors; c) to update and enhance our patient records; d) for internal analysis and research; e) to send you by email or other permitted means (such as post or phone) marketing communications about our sedation services which we think may be of interest to you. You can tell us at any time if you would prefer not to receive such information. 9.3 We may disclose your personal information to: our agents, service providers and your dental or general practice for any of the purposes set out above and the police, Government departments and agencies for the purposes set out in conditions 9.2 (b) above. 9.4 You agree that you have permitted your dental or general practice (as appropriate) to give us personal information about you. 9.5 If you have any questions in relation to how we process or use your personal information then please contact us on 07793751600 or by email



(lotussedations@gmail.com) or by letter to the registered address on page 1 of these terms and conditions. 10 General 10.1 You must not assign, transfer, dispose of or delegate any of your rights or obligations under these terms and conditions without our prior written consent. 10.2 These terms and conditions together with the Letter and any documents referred to in them or made under them contains the entire agreement between you and us relating to the provision of Services to you and supersedes any previous agreements, arrangements, undertakings or proposals, written or oral, between you and us (or any third party) in relation to such matters. No oral explanation or oral information given by us shall alter the interpretation of these terms and conditions. 10.3 You hereby confirm that you have not relied on and shall have no remedy in respect of any statement, representation or warranty that is not set out in these terms and conditions. Nothing contained in this condition 10.3 shall however operate to limit or exclude our liability to you for fraud or fraudulent misrepresentation. 10.4 We will not be liable to you for any breach of our obligations under these terms and conditions to the extent that the breach is due to circumstances beyond our reasonable control, which shall include, without limitation problems with the owners/tenants of the Surgery. 10.5 No third party shall have any rights under or in connection with these terms and conditions by virtue of the Contracts (Rights of Third Parties) Act 1999. 10.6 If at any time any provision of these terms and conditions is or becomes illegal, invalid or unenforceable in any respect under the law of any jurisdiction, that shall not affect or impair the legality, validity or enforceability in that jurisdiction of any other provision, or the legality, validity or enforceability under the law of any other jurisdiction or any other provision of these terms and conditions. 10.7 Any failure by us to enforce at any time any term or condition under these terms and conditions shall not be considered a waiver of our right thereafter to enforce each and every term and condition of these terms and conditions.