Conscious sedation for outpatient oral and maxillofacial surgery

Introduction
The purpose of this leaflet is to explain the conscious sedation procedure and answer some commonly asked questions. If you have any further questions please contact the Oral and Maxillofacial Department using the contact information provided at the end of this leaflet.

What is conscious sedation?
This is a technique in which the use of a drug given through a vein produces a state of relaxation and anxiety-relief, enabling treatment to be carried out. You will not be fully asleep, and you will be able to understand and respond to verbal commands. You will have been given separate information about the surgery you are to have.

What will happen during my appointment?
- You will undergo a short health check including measurement of your blood pressure
- A needle will be inserted into your arm or hand through which the sedative medication will be given
- A local anaesthetic (numbing) injection will be given at the site of the treatment
- The treatment will be carried out
- You will be transferred to the recovery room and discharged a short while later

Before your appointment
- You must arrange for a responsible, able-bodied adult to accompany you home by personal transport (car or taxi). Public transport is not acceptable. Failure to attend with an escort will result in your treatment being cancelled
- On the day of your procedure, take all prescribed medications as usual (a small amount of water is acceptable). Please bring all medications with you
Please wear clothing with loose sleeves as you will have a needle inserted into a vein in your hand or arm. This is so that the sedative medication can be administered into your blood stream.

Do not have anything to eat for 6 hours before your appointment. We would encourage you to drink water only up to 2 hours before your appointment.

You are advised to clean your teeth and gums thoroughly with a toothbrush and toothpaste before attending for treatment. A clean mouth heals quicker – a dirty mouth may result in infection and pain afterwards.

Please contact the department if your medical details change or if you become pregnant as treatment may need to be postponed.

After your appointment

You may experience a temporary loss of memory during the time you are sedated. You may also be unsteady on your feet for some hours afterwards.

You must be accompanied home by your escort. This person (or a similar person) must be responsible for your well-being and stay with you for 24 hours.

You are advised for the next 24 hours

- Not to be in charge of machinima, including kitchen equipment
- Not to drive any vehicles, including bicycles
- Not to lock the bathroom or toilet door, or make yourself inaccessible to the person looking after you
- Not to make any important decision, sign important documents or use the internet for personal communication or be responsible for the care of other including children
- Not to drink alcohol or smoke

Your sedation appointment may keep you at hospital for several hours. If you are brought by car, please make sure that the person who is accompanying you is aware of this and that they are parked so as to allow for this period of time. If you need to cancel your appointment please give us maximum notice so that we can give your appointment to another patient.
When can I return to work?

You should plan on a minimum of 1 day off work after the day of your surgery. You may need a day or two extra depending on your type of job. This should have been discussed with you during your consultation.

Contact information

If you have any questions or concerns, please contact the Oral and Maxillofacial Surgery Department.

Outpatient Department

New and follow-up clinic booking enquiries
Tel: 0300 422 6940
Monday to Friday, 9:00am to 4:30pm

Minor surgery (local anaesthetic with/without sedation) booking enquiries
Tel: 0300 422 3197
Monday to Friday, 9:00am to 4:30pm

Inpatient and Day Surgery Unit booking enquiries
Tel: 0300 422 8191
Tel: 0300 422 8192
Monday to Friday, 9:00am to 4:30pm

Post-operative concerns

Please contact Gloucestershire Hospitals Switchboard on Tel: 0300 422 2222 and ask for the ‘operator’ when prompted. When the operator responds, please ask to be put through to the ‘on-call senior house officer for Oral and Maxillofacial Surgery’.

Website

For further information, please visit the Oral and Maxillofacial Surgery webpage: www.gloshospitals.nhs.uk/glosmaxfax/sedation

Feedback

We would welcome your feedback regarding your treatment.
Please visit the comments section on NHS choices (www.nhs.uk).
Feedback can also be left on the Gloucestershire Hospitals twitter account: @gloshospitals

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