

Patient
Information

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.

Before your sedation appointment

- You must arrange for a responsible adult to come with you to your appointment and accompany you home afterwards. You and your escort must arrange personal transport home (car or taxi). Public transport is not acceptable.
- You must arrange for the same or another responsible adult to stay with you for the 24 hours after your treatment. **You must NOT be left alone.** You may need an extra person to look after young children. Please call us if you need any more information.
- **Do not have anything to eat (including milk) for 6 hours before your appointment time.**
- **We would encourage you to drink water only up to 2 hours before your appointment time.**
- Please clean your teeth and gums thoroughly with a toothbrush and toothpaste before attending for treatment as a clean mouth heals quicker with less chance of infection afterwards.

Reference No.

GHPI0387_09_23

Department

Oral and
Maxillofacial

Review due

September 2026

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- You should take all medications as normal on the day of your appointment unless we have advised you otherwise. Please bring an up to date list of any medicines that you are currently taking to the appointment.
- Please do not drink alcohol or smoke on the day of treatment.

During your sedation appointment

- Your escort must stay in the hospital while you have your treatment. You will usually be ready to go home about 90 minutes after your appointment time/start of treatment.
- Please wear a loose-fitting top so that both sleeves may be easily rolled up. This will allow us to take your blood pressure and insert the cannula (thin tube) into a vein in your arm or hand through which the sedative medicine is given.
- A local anaesthetic (numbing) injection will be given at the site of the treatment before your treatment is carried out.
- You will stay in our clinic until the staff are happy for you to be discharged.

After your sedation appointment

You should return home immediately after your treatment and for the next 24 hours:

- You must **NOT** be left alone.
- You must **NOT** drive a car or any other vehicle, including bicycles.
- You must **NOT** use any machinery including kitchen equipment.
- You must **NOT** lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- You must **NOT** make any important decisions or sign important documents.

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 the type of job. This should have been discussed with you during your consultation.

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Who to contact if you have concerns after the surgery

Most people have very few problems and following the advice in this leaflet is usually all that is needed. Therefore, we do not always review patients following surgery.

However, if you have a problem, please contact the **Oral and Maxillofacial Outpatient Department** via the hospital switchboard between 8:00am and 8:00pm.

Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted, ask for the Operator, then ask to be put through to the 'On call Senior House Officer' for the Oral and Maxillofacial Department.

Alternatively, you can contact your registered dentist for advice.

In an emergency, please go to the nearest Emergency Department.

Other useful contact information

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

Monday to Friday, 9:00am to 4:30pm

Website

For further information, please visit the Oral & Maxillofacial Surgery webpage:

www.gloshospitals.nhs.uk/our-services/services-we-offer/oral-maxillofacial-surgery/

Patient Information

Feedback

We would welcome your feedback regarding your treatment. Please visit www.nhs.uk

Scroll to the bottom of the page and select the 'Contact us' link. On the next page, select 'Give feedback or make a complaint' then select the link below the heading 'Give feedback about an NHS service.'

Feedback can also be left on the Gloucestershire Hospitals twitter account: @gloshospitals

Content reviewed: September 2023

Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>