



Pre- and Post-operative Instructions for Patients Requiring Dental Treatment under Conscious Sedation

Note that arrangements should be in place to make instructions available to all patients, including those who are unable to understand English. This may include providing instructions in other languages or allowing additional time to discuss treatment with the patient and/or carer.

Intravenous, Oral and Transmucosal Sedation

- Patients should eat normally on the day of their appointment and must avoid alcoholic drinks.
- Patients should take routine medication as normal unless advised not to by the treating dentist or anaesthetist.
- A responsible adult escort must accompany the patient to their appointment and escort them home after treatment under conscious sedation. Arrangements must be made to ensure the patient is supervised for a minimum of the rest of the day. It is essential that the escort gives attention to the patient and therefore should not be responsible for children, elderly and/or dependent relatives.
- Wherever possible there should be arrangements in place for the patient and escort to travel home by private car or taxi rather than public transport. If this is impossible, the escort must be made fully aware of the added responsibilities of caring for the patient during the journey home. If either the patient or escort appears to be unwilling or unable to comply with these requirements conscious sedation should not be administered.
- Sensible clothing is advised, avoiding tight sleeves and high-heeled shoes.
- For the remainder of the day, patients must not:
 - return to work;
 - drive a car or other vehicle;
 - consume alcohol;
 - operate machinery (including kitchen equipment);
 - climb heights (e.g. ladders, scaffolding);



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- be in charge of other people;
 - make important decisions (e.g. signing legal documents).
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- Patients who are trying to conceive, are pregnant or are breast-feeding must inform their dentist in advance of their appointment.

If you have any concerns after you have left the dental surgery, please do not hesitate to contact the dental practice on 01501731711 or NHS 24 on 111 if out of hours.