



Country Dental

Mount House,  
17 Mount Street,  
Hythe,  
Kent CT21 5NT

**Appointments:**  
01303 266657

**Opening times:**  
Monday to Friday  
9.00am to 1.00pm  
2.00pm to 6.00pm

Late evenings  
by appointment

[country-dental.co.uk](http://country-dental.co.uk)

@CountryDentalHythe

# Conscious Sedation

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Conscious sedation is ideal for patients requiring extensive treatment. It delivers:

- Anxiety-free treatment
- Deep relaxation and a sense of well-being.



## What is intravenous conscious sedation?

Conscious sedation is when drugs are used to make you feel less anxious, producing a sensation of deep relaxation.

The procedure makes you feel drowsy and less aware of what is happening, with few memories of what happens during this treatment. You are still able to respond to the instructions of the dentist and dental nurse at all times.

## What happens at the appointment?

Your blood pressure will be checked and you will be asked to wear a small clip on your finger to check your heart beat and breathing.

The anaesthetic will access a vein in your hand or forearm to numb the inside of your mouth.

You will feel no pain, but you will feel your dental surgeon working inside your mouth. Your cooperation will be required during treatment.

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## Do I need an escort?

You must be accompanied by a responsible adult. The accompanying adult must remain in the waiting room throughout the appointment. You must then be escorted home afterwards and arrangements made for you to be looked after for the following 24 hours. Your escort should take you home by private car, rather than public transport.

## What must I do before the appointment?

Prior to your appointment, you will be given a date for an assessment visit, when you will have your blood pressure and weight checked and your treatment explained to you in more detail.

- You must not eat anything for 4 hours before your appointment
- You must not drink anything for 2 hours before your appointment
- You must report any illness occurring before the day of the treatment
- Inform the team looking after you of any medication you are taking. Continue to take your medicines as usual, unless advised otherwise
- Remove any nail polish or varnish
- Avoid heavy make-up and too much jewellery
- Wear sensible shoes, as you will be unsteady on your feet for a few hours following the sedation.

## What happens after the treatment?

You will be taken to the recovery room where the recovery nurse will give you instructions on post-operative care. You will not be allowed to leave the clinic until you are sufficiently well-orientated and alert to walk safely out of the clinic with your escort.

### For the next 24 hours you must not:

- Drive or operate any machinery or use any domestic appliance
- Drink alcohol or take recreational drugs
- Return to work, make important decisions or sign any legal documents
- Be responsible for children
- Breast feed, if you're a nursing mother, for at least 12 hours after the sedation treatment.

## Who is sedation suitable for?

Sedation is suitable for very nervous patients, especially those who need extensive treatment.

It should not be used for intravenous drug users, alcoholics, patients with unstable heart conditions, pregnant women, children under 16 and very overweight people.

**If you have any questions or require any further advice, please contact the practice.**