

The day of your dental procedure

Please arrive promptly for your appointment.

Do not bring children with you.

Make sure that you have followed any advice that you have been given by your dentist about eating and drinking before your appointment.

Bring with you a list of any medicines that you are currently taking. You should take your routine medicines on the day of the procedure. Please let the dentist know if your medical history has changed since you last saw the dentist.

If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time. You should let the dentist know if you are breastfeeding.

It is sensible to wear loose, comfortable clothing and flat shoes. You may need to remove any contact lenses so remember to take your glasses or a replacement pair of lenses for use once the treatment is finished.

The dentist will need to monitor you carefully while you are sedated. To help with this, please remove nail varnish and do not wear excessive make up or jewellery.

Do not bring valuables with you.

If you feel unwell on the day of the procedure, please telephone the number provided.

If you have been asked to arrange for someone to go home with you, it is *essential* that this person is available. If you do not have an escort, you will not be able to have your procedure under sedation.

After your treatment, you will be given a telephone number of who to contact if there are any problems.

Patient escort information

Important information for adults accompanying patients having dental treatment with sedation

You have been asked to accompany someone who is having dental treatment under sedation.

Patients can feel less anxious if they receive a sedative drug (medicine) before or during their dental treatment. The drugs used can cause some patients to feel a little disorientated or confused for a short time after the treatment. It is important that someone will be responsible for them and take care of them for the remainder of the day. Occasionally, it may be necessary for someone to stay with them overnight.

It is important that you follow these instructions. The patient will have been given a telephone number of who to contact if you have any concerns.

The patient will not be allowed to go home until the dentist is satisfied that the patient is in the care of a responsible adult (over 18 years of age). The escort must be present with the patient as they leave the dental surgery. Some patients take a little longer than others to be ready to go home so please be aware that a precise time cannot always be given.

The patient's judgement (ability to think clearly) is likely to be affected. Patients should not make any irreversible decisions for up to 24 hours following their treatment.

Patients should be encouraged to rest for a while once they are home. It is not recommended for them to be in charge of others until

the next day. Care should be taken when cooking or using domestic appliances.

Patients should not drive a vehicle, ride a bicycle, operate machinery or drink alcohol until the following day and, in some cases, for up to 24 hours. The dentist will advise the patient on the day of treatment. Owing to the after effects of the drugs used, care should be taken when using the internet for personal communication. The dentist will explain to the patient which pain relief medicines he or she may take. Patients should take their usual prescribed medicines unless directed otherwise by their doctor or dentist.

Inhalation sedation: Parents or those with parental responsibility for children and young people aged under 16 years

What is inhalation sedation?

The child in your care may require dental treatment under inhalation sedation. This will help the child feel less anxious, slightly drowsy and more relaxed for the dental treatment. Inhalation sedation does not make the child unconscious. The child remains awake but may feel warm and detached. The child's memory of the treatment afterwards may be slightly reduced.

Inhalation sedation means that the child will breathe a mixture of nitrous oxide and oxygen from a nosepiece placed on the nose. This will have a relaxing effect.

Benefits and risks of inhalation sedation

Inhalation sedation is used to reduce anxiety and fear of dental treatment. This makes the child more co-operative. This is particularly helpful if the child is having a longer, uncomfortable or more complicated procedure. It is a widely used technique.

The dentist and members of the dental team are trained to give sedation. They watch the child closely and treat any problems that may develop. The nitrous oxide is completely breathed out

of the body within 30 minutes of the end of the treatment. This means that the child can recover very quickly from this type of sedation.

The dentist will give the child some oxygen at the end of the sedation to help prevent the child feeling a bit sick or having a headache.

The child will be asked to wait until the dentist has checked that he or she has fully recovered from the sedation. The child will not be allowed to go home with you until the dentist has checked this.

What to expect

It is usual to have two or more appointments. At the first appointment (assessment), the dentist will take a full dental history of the child. Various methods of providing the dental treatment with or without sedation will be explained. Other than in an emergency, the treatment will take place at the second or subsequent appointments.

If it is agreed that dental treatment with inhalation sedation is the best way to treat the child, then the dentist will confirm the child's medical history. If further information is required, the child's

general medical practitioner or specialist will be contacted.

How to prepare your child

Before the treatment, the child in your care can eat normally but with only a light meal being taken up to 2 hours before the treatment. Please give the child any routine medicines as normal. Any medicines or inhalers that the child may need should be brought to the dental treatment appointment.

Written consent will be required from the parent/carer before any treatment can be given to the child. If you have agreed and signed the consent form at the assessment appointment, and you are then unable to attend on the day of the treatment, the child must be accompanied by a responsible adult (over 18 years of age).

The child should wear loose, comfortable clothing. No valuables should be brought to the appointment.

If the child is unwell on the day with cold/flu symptoms or any contagious illness, please contact the dentist for advice. The appointment may need to be rearranged.

Please avoid bringing other children with you on the day of treatment.

What will happen during the sedation?

During the procedure, the child will breathe the nitrous oxide and oxygen through a nosepiece on the nose. The child may feel warm with tingly fingers and toes.

Once the child is sedated, and feels drowsy and relaxed, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that the child may need can then be given through this numbed area to reduce the chance of any discomfort.

When the dental treatment is completed, the nitrous oxide mixture will be stopped and replaced with oxygen. The nosepiece will be taken off, and the child will be sat up in the dentist's chair and will continue to recover fully for a few minutes. The dentist or a member of the dental team will monitor the child during recovery.

The child will be able to leave the surgery/dental practice once he or she has fully recovered, is alert and is not feeling dizzy. This usually takes about 30 minutes after the treatment has ended. The child will be checked by the dentist before being allowed to go home.

The child may not participate in organised or active sports for the rest of the day but may be able to

return to school. The dentist will discuss this with you.

The child can eat and drink normally after the treatment but care should be taken if areas of the mouth are still numb to avoid lip, cheek or tongue biting. You will be given information relating to any local analgesia and the treatment the child has received. The dentist will explain which pain relief medicines the child may have while recovering and the local analgesia wears off.

You will be given a telephone number of who to contact in case of any concerns.

Inhalation sedation: Young children



Hello! I am Fluffy the Bear.

Last week I had magic air sedation and had my tooth fixed at the dentist.

The dentist is someone who helps look after my teeth. I see them in a dental surgery.

Magic air helps make fixing my teeth easy.

Getting ready

When I saw my dentist, I sat in a chair and the dentist looked at my teeth with a small mirror. My tooth had a hole in it and the dentist took a photograph (called an x-ray) of it to see it better.

The dentist said that I needed the hole to be fixed or my tooth would start to hurt. To make fixing it easy, I could have magic air.

The day I had my tooth fixed

Before I had magic air, I had breakfast but I did not eat too much.

I sat in the dentist chair, and the dentist and the dentist's nurse showed me a mask to wear on my nose. The mask looked like an airline pilot's mask and I could hold it on my nose.

So that it didn't fall off my nose, the dentist laid the back of the chair down so I was lying flat. Tubes were attached to the nosepiece to let the magic air go through them.



I practised breathing through my nose with fresh air first. It didn't smell of anything. The dentist counted my teeth with the mirror.

Before I knew it, I felt warm and my fingers and toes felt all tingly. I felt a bit like I was flying. The dentist and the nurse talked to me while I had the magic air.

Having my tooth fixed

The dentist dried my tooth with cotton wool and washed my tooth with numbing liquid. My tooth felt all tingly, fuzzy and numb.

The dentist cleaned my tooth with an electric toothbrush that squirted water and made a buzzy sound. I had a filling put in the hole. The dentist and nurse held a light over my tooth to make the filling hard and strong.

I breathed the magic air through my nosepiece. I felt nice while my tooth was fixed.

When my tooth was mended, I started to feel less tingly and the floaty feeling began to go away.

Afterwards

The dentist sat the chair up gently and took off the nosepiece. My head felt a bit dizzy but it was alright.

After 5 minutes, the dizzy feeling had gone, and I sat in the waiting room and played for a little while. My tooth still felt tingly and numb, and the dentist told me not to bite my lip while it still felt funny. I then went home and played quietly.

My tooth stopped feeling tingly after I left the dentist and now it feels good because I don't have a hole anymore.



The design and artwork of 'Fluffy the Bear' by John Holroyd is gratefully acknowledged.

Intravenous sedation: Parents or those with parental responsibility for children and young people aged under 16 years

What is intravenous sedation?

The child in your care may require intravenous sedation for dental treatment. The use of a sedative drug (medicine) makes the child drowsy and relaxed and less aware of the treatment. The patient will often have few memories of what has happened during the treatment. Intravenous sedation does not make your child unconscious.

Intravenous sedation is usually given by using a single drug called midazolam. A dose, determined for your child individually, will be given into a vein in the back of the hand or arm using a cannula (a thin flexible tube). A needle is used to put the cannula into the vein and the needle is then removed straight away. Once the cannula is in the vein, the sedation drug can be given without using any more needles. The cannula remains in until the dentist has checked that you child has recovered but it will be removed before going home.

A cream containing local anaesthetic may be used to make the injection site numb before the cannula is inserted. You may be asked to put this cream on the child's hand or arm before you leave home. This allows enough time for it to work properly before having the sedation medicine.

Benefits and risks of intravenous sedation

Intravenous sedation is used to reduce anxiety and fear of dental treatment. This makes children more co-operative when having dental treatment. It is particularly helpful if children are having a long, uncomfortable or more complicated procedure.

The dentist and members of the dental team are trained to give sedation. They watch the child closely and treat any problems that may develop. They are required to use appropriate monitoring equipment during sedation. The child will go to a recovery area after the treatment where he or she will be observed until having made a full recovery from the sedation.

It is a widely used technique but, as with the administration of any medicines, there are risks associated with intravenous sedation. Risks include:

- A reduction of oxygen in the blood stream due to poor breathing during sedation. The child may be asked by the dentist/sedationist to take deep breaths to correct this. The dentist/sedationist will continually monitor the child's breathing and oxygen levels

throughout the procedure.

- Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks are allergic reactions to the sedative drugs your child has been given or vomiting during the procedure. The dentist/sedationist will discuss any concerns that you may have about the child prior to the procedure taking place.

What to expect

The various methods of dental treatment planned for the child will be discussed with you at an assessment appointment following a full dental examination. The dental treatment planned will then take place at a second or subsequent appointment. In an emergency, the treatment may be carried out on the same day as assessment.

If it is agreed that intravenous sedation is the best way to treat the child, then the dentist will confirm:

- The child's height and weight
- The child's blood pressure – taken with a cuff on the child's arm. This may not happen for young children.
- The level of oxygen in the blood – taken with a simple clip on

- the child's finger
- The child's medical history. If further information is required at this stage, the child's general medical practitioner or specialist will be contacted.

If you have any questions or are unsure about the sedation planned for the child, do not hesitate to ask the dentist.

How to prepare your child

The dentist will discuss with you and explain what the child is able to eat and drink prior to the appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

Written consent will be required from the parent/carer before any treatment can be given to the child. If you have agreed and signed the consent form at the assessment appointment and you are then unable to attend with the child on the day of treatment, the child must be accompanied by a responsible adult (over 18 years of age).

Please give any routine medicines as normal. Any medicines or inhalers that the child may need should be brought with you to the appointment.

Dress your child in loose, comfortable clothing. No valuables should be brought to the appointment.

If the child is unwell on the day of treatment with cold/flu symptoms or any contagious illness, please contact the dentist for advice.

The appointment may need to be rearranged.

Please avoid bringing other children with you on the day of treatment.

What will happen?

The child will be monitored during the procedure. This will include measurements of blood pressure, heart rate and oxygen levels at regular intervals.

Once the child is sedated, and feels drowsy and relaxed, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that the child may need can then be given through this numbed area to reduce the chance of any discomfort.

After the treatment has finished, the child will spend some time in the recovery area and will not be allowed to go home until alert and responsive. The dentist will check the patient before he or she is allowed to go home.

The child may not return to school and should not participate in active sports for the rest of the day. You may wish to make plans about how best to travel home with the child following the treatment.

The child must be supervised by a responsible adult for the rest of the day. Arrangements may need to be made for the care of other children or elderly dependent relatives during this time.

Children can be sleepy, upset or agitated for up to 3 hours after the treatment. They will, however, have little memory of the procedure. Occasionally, children feel a bit sick or may get hiccups. There may be some bruising on the hand or arm where the sedative medicine was given. You will be given information relating to any local analgesia and the treatment the child has received. The dental team will advise you about any medicines the child may need while recovering from the treatment. You will be given a telephone number of who to contact in case of any concerns.

Intravenous sedation: Young people aged 12–16 years

What is intravenous sedation?

This is when you receive a drug to sedate you while you have your dental treatment. The drug makes you feel sleepy and relaxed but you will not be unconscious. It is given by your dentist, or by another dentist or a doctor.

Why should I have intravenous sedation?

Having sedation this way helps reduce any worry or anxiety you have about having your teeth treated. It can also help if you need a very long procedure or a painful procedure, such as having a tooth out.

Consent

The information provided here is a general guide for all patients having intravenous sedation. Your dentist will discuss with you your specific treatment plan and some of the advice described might not be relevant to the treatment you are going to have.

Nothing will happen until you and your parent or guardian understand and agree what has been planned for you. You will be able to discuss the treatment with your dentist. Your parent or guardian will need to be with you on the day of the treatment to sign the consent form, even if it was signed at an assessment visit.

Getting ready for your sedation

Before you have intravenous sedation, the dentist will ask you about your general health. If you have any long-term medical problems, the dentist will discuss these with you and your parent or guardian. The dentist will have also checked your height, weight, blood pressure (taken with a cuff that wraps around your arm) and oxygen levels in your blood, using a clip that attaches to your finger.

On the day of the treatment, you should take any regular medicines and bring your medicines or inhalers with you.

If you have a cold or feel unwell, you or your parent/guardian will need to tell the dentist as you need to be as healthy as possible on the day of treatment.

If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time.

Leave all jewellery and valuables at home. Do not wear excessive make up or any nail polish to the appointment. These can interfere with the monitoring equipment that is used while you are sedated.

Your dentist will discuss with you and explain what you are able to eat and drink prior to your appointment. You will also be given this information in writing. It is important that these instructions are followed carefully.

You will be asked to turn off your mobile phone during the appointment.

Clothing

Wear loose, comfortable clothing and flat shoes. If you wear contact lenses, you may need to remove them. You may need to bring your glasses or spare lenses to wear after the appointment.

Having the intravenous sedation

Your dentist or a member of the dental team may put an anaesthetic cream on the back of your hand or on your arm about 45–60 minutes before the appointment. You may be asked to do this at home, before you come to the dental surgery.

The cream makes the skin on your hand or arm go numb. The dentist (or doctor who will be helping with the sedation) will then place a cannula in a vein in your hand or arm. A cannula is a thin flexible tube. A needle is used to put the cannula in. The needle is then removed straight away but

the cannula stays inside the vein. The anaesthetic cream placed on the hand or arm helps reduce the discomfort of having the cannula inserted.

Once the cannula is in the vein, the sedation drug can be injected through it without using any more needles. The cannula is left in until the dentist (or doctor) allows you to go home. He or she will check that you have recovered properly from the sedation before letting you leave the dental surgery.

Your parent or guardian will be with you until the sedative drug is given and will then usually wait for you outside the surgery while your teeth are treated.

While you are sedated and having your dental treatment

Once you are sedated, and feel drowsy and relaxed, the dentist can use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of the treatment. Any injections that you may need can then be given through this numbed area to reduce the chance of any discomfort.

A small clip will be put on your finger to measure your heart rate and the level of oxygen in your blood. Your blood pressure will be taken while you are sedated.

How will I feel?

You will feel drowsy and sleepy during the treatment. Afterwards you may not remember very much about the treatment.

Afterwards

You may be moved to another area to recover fully. The dental team will decide when it is safe for you to go home. You will need to rest at home. You cannot go home on your own – your parent, guardian or other responsible adult will need to stay with you for the rest of the day.

You may feel sick or drowsy. You may have a bruise where the cannula was. Your mouth may still feel numb or tingly for up to 3 hours. You will need to be careful not to bite your lip or cheek while it is numb.

You will need to avoid any strenuous exercise like riding a bike, driving a car or motorbike, playing active sports or training until at least the following day. Sometimes you may need to avoid these things for 24 hours but your dentist will advise you.

You should be careful about what you write or text on social media after your treatment as you may be a bit muddled and lack judgement.

Are there any risks to intravenous sedation I should know about?

Intravenous sedation is widely used but, as with taking any medicines, there are risks. Your dentist and members of the dental team are trained to give sedation. They watch you closely and treat any problems that may develop.

The key risks are:

- A reduction of oxygen in the blood stream due to poor breathing during sedation. You

may be asked by the dentist/ sedationist to take deep breaths to correct this. Your breathing and oxygen levels will be monitored throughout the procedure.

- Bruising at the site of the cannula. This may take several days to fade completely.

Very rare risks are allergic reactions to the sedative drugs that you have been given or vomiting during the procedure. Your dentist/ sedationist will discuss any concerns that you may have prior to the procedure taking place.

Before you are discharged, you will be given information about pain relief as well as how and when to take any prescription medicines. You will be given information relating to any local analgesia and the treatment you have received. You or your parent/guardian will be given a telephone number of who to contact if you have any concerns.