

# Advice for patients having treatment under local anaesthetic and intravenous sedation

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## What is conscious sedation?

Sedation is when drugs are used to make you feel less anxious and more relaxed. You will feel drowsy, less aware of what is happening and with few memories of what has happened to you during your treatment. It **does not** make you unconscious.

There are 4 possible ways of giving conscious sedation:

- By breathing in gas through a nose piece (inhalation)
- By injection into a vein in your hand or arm (intravenous)
- By swallowing a medicine (oral)
- By placing a medicine under your tongue or into the nose (transmucosal).

## What sedation do we offer?

We carry out **intravenous** sedation using a single drug called midazolam. A dose of the drug is chosen for you individually. It is given by injection. This is usually into a vein in the back of your hand or in your arm through a cannula.

A cannula is a thin, flexible tube. A local anaesthetic cream can be used first to reduce the pain of the tube insertion on demand. Once the cannula is in the vein, the sedation drug is then administered. The cannula remains in until the surgeon has checked that you have recovered from the sedation, but it will be removed before you go home.

Your surgeon and members of the maxillofacial team are trained to give sedation. They will watch you closely and treat any problems that may develop. They are also required to use appropriate monitoring equipment during sedation. There will be a recovery area where you will be observed until you have made a full recovery from the sedation.

As with the administration of any medicines there are risks associated with intravenous sedation. These include:

- A reduction of oxygen in the bloodstream due to poor breathing during sedation. You may be asked by your surgeon/members of the team to take deep breaths to correct this, or they may place a small tube over your nostrils to help supplement your oxygen. 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 include:

- Allergic reactions to the sedative drug that you have been given
- Vomiting during the procedure. This is why we ask you to have only a light meal 4 hours before your treatment
- It is very important that you let the surgeon know your medical history, including any medicines that you are taking. The surgeon will need to know if you have ever had any problems with either sedation or a general anaesthetic
- If you think you may be pregnant, you need to let the surgeon know. You may need to come back to have your treatment at another time. You should let the surgeon know if you are breastfeeding.

## The day of your dental procedure:

### Do:

- Have a light meal 4 hours before your sedation appointment. You are allowed to have small sips of water up to 2 hours before sedation
- Arrive promptly for your appointment
- Bring an escort with you – you will not be able to have your procedure under sedation without an escort. The escort should be able to stay with you for 24 hours after the procedure. Roles and responsibilities of an escort are included on a separate leaflet
- Bring a list of current medications
- Take your routine medications as normal unless informed otherwise by us
- Wear loose, comfortable clothing and flat shoes
- If you feel unwell on the day of the procedure, please telephone the number on the back of this patient information leaflet for advice.

### Don't:

- Consume alcohol or take recreational drugs within 24 hours of your sedation appointment
- Bring children with you
- Bring valuables with you
- Wear any nail varnish or false nails.

## The procedure and afterwards

You will be conscious and very relaxed during the procedure under intravenous sedation.

Once you feel sleepy and relaxed you will be given an injection of local anaesthetic into the area we will be operating on. You are not expected to feel any pain during the procedure, but you may feel sensations of vibration and pressure. Most people are not unduly bothered by this.

After the treatment we will keep you in the department until we are happy the sedation has worn off adequately (approximately 30 to 45 minutes) at which point you will be discharged to the care of your escort.

It is advisable to rest once you are home. It is recommended that you are **not** in charge of others i.e. children until the next day. Care should be taken when cooking or using domestic appliances.

### **You should not:**

- Drive a vehicle
- Ride a bicycle
- Operate machinery
- Drink alcohol or use any recreational drugs
- Use the internet
- Sign any legal documents

until the following day and in some cases, for up to 24 hours after the procedure. You should receive post-operative care information before discharge.

## Contact us

If you have any concerns regarding the proposed treatment or after treatment, please telephone the department and ask to speak to a member of staff.

**Lincoln Hospital: 01522 573495**

**Pilgrim Hospital: 01205 446452**

For out-of-hour emergencies please contact the hospital switchboard on:

**01522 512512** and ask for the maxillofacial doctor on call.

## Oral and Maxillofacial Surgery

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