

# IN CHAIR CONSCIOUS SEDATION



## WHAT IS CONSCIOUS SEDATION?

In some dental procedures, the use of conscious sedation is recommended or required, depending on the severity of the dental condition, or the possible complications that may occur during the actual treatment. Here's what you should know going into and coming out of your procedure that requires sedation. This is a very light form of anesthesia where the patient does not lose consciousness. Sedative drugs are used in very low doses so that the patient is rendered free of any anxiety and discomfort, but can communicate verbally throughout the procedure.

## WHEN IS CONSCIOUS SEDATION NEEDED?

The most common indication for the use of sedation in dentistry is when a surgical procedure is complicated, long or one that may cause the patient anxiety. It is hard to predict how patients will react to the sensations and sounds of surgery, so most people elect to undergo sedation for procedures, such as implants, removal of wisdom teeth and gum surgery. The procedure is usually done in the doctor's office, but sometimes it is also performed at a hospital or day clinic, depending on the case and the dentist's or oral surgeon's recommendations.

## WHAT ARE THE ADVANTAGES OF CONSCIOUS SEDATION?

1. Procedures are less traumatic for patient,
2. Costs are significantly lower than General Anesthesia,
3. Anxiety is minimized,
4. Recovery period is shorter,
5. There is a lower incidence of nausea and vomiting
6. It enables them to remain calm and will make them feel drowsy. The patient will not remember the procedure and will not have pain during the procedure.

something to smile about...

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The procedure is done in a state of fasting; your last meal only needs to be 6 hours before the procedure.

## WHO WOULD BENEFIT FROM CONSCIOUS SEDATION?

It is ideal for minor but painful procedures and for people who have a high level of anxiety, but does not always qualify for General Anesthesia. More specifically this service is aimed at people who get very anxious during medical procedures and anybody that has a very low pain threshold who needs a medical procedure. It's especially beneficial for toddlers to minimize trauma in cases where a lot of work is required. We want to enforce a positive environment surrounding your kids visit to a dentist.

## HOW DO YOU FEEL AFTER CONSCIOUS SEDATION?

Most people feel fine within a few hours of the procedure, and it varies depending on the level of sedation and how long the patient was sedated. People may feel a little drowsy or "goofy" when they wake up, and the side effects may last for a few minutes or the patient may want to go to sleep naturally after they get home.

## FREQUENTLY ASKED QUESTIONS

### 1. If I am conscious during the procedure, will I feel pain?

No

### 2. How long does it take to 'wake up' after the procedure?

During a conscious sedation your consciousness will never be totally suppressed as with a general anesthetic – thus the term "conscious sedation". Some patients are sleepier than others and some will even sleep through the procedure. The patient can however be aroused by verbal command or physical stimuli. After the infusion of the drugs has stopped, recovery is swift. In most cases this recovery time is 15 – 30 minutes. You could feel drowsy or light headed for a period after the procedure.

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### 3. Which side effects can occur after a conscious sedation?

Almost none of the patients experience nausea after the sedation. One of the drugs used during the conscious sedation has a strong anti-nausea effect. The incidence is only 0.7%. Other possible side effects includes: shivering, drowsiness/dizziness, headaches.

You should be able to leave the aftercare after 15 – 45 minutes. You are however not allowed to drive yourself home. You would not be able to return to work or school, kids should remain in the company of a responsible adult for 12 hours following the sedation.

### 4. Will my medical aid cover this procedure?

Please contact your medical aid to confirm this or to get authorization for the procedure. We will provide you with a cost estimate.

WAS THIS INFORMATION HELPFUL?

Yes Yes Yes!  
thank you!  
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