

## What you **MUST** do before your sedation appointment

- Have a light meal 2 hours before your appointment.
- Do not have any alcohol 24 hours before treatment.
- Arrange for a friend/relative to bring you and stay to take you home.
- You must not drive or operate machinery for 24 hours after the appointment or look after/care for others.
- Avoid strenuous exercise on the day of the appointment.
- Inform the dentist of any changes to your general health, medication or if you may be pregnant.
- Take your medication as usual on the day unless instructed otherwise by your dentist.



### Patient Testimonials

'As a nervous patient, it's really important that I feel confident with the way I will be treated. Deepak makes me feel comfortable. I trust he will respect my feelings as well as my dental care.'

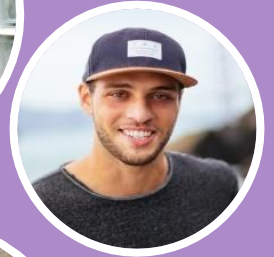
-Julie

'No pain, it's just wonderful! No regrets coming here, from start to finish it's been absolutely amazing, you're all so nice.'

-Lyn

'Excellent service, Deepak took the time to explain options and procedures and put me at ease. Work was done in a timely manner and with great skill.'

-Robert



## Dental Sedation



### Any Questions or Concerns?

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# Confidential

calm & caring dental & facial centre



# What is Dental Sedation

Dental sedation or more specifically intra-venous sedation involves the use of a sedation drug, which will relax you and relieve any anxiety you may have about your treatment. In addition to this it will, in the majority of cases, help you forget your treatment appointment. It is, therefore, important you understand what is involved in the sedation, what treatment is proposed and what you need to do afterwards because explanations given on the day of treatment will probably be forgotten.

## *What is the process?*

A sedative drug is administered through a special tube which is attached to your arm/hand. The sedation drug will make you relaxed and sleepy. We wait until the level of sedation is sufficient to carry out treatment. No treatment will be carried out until this is achieved.

You will remain conscious throughout the visit and will be able to talk to the dentist, although some patients are so relaxed they actually fall asleep! You will be monitored during the procedure. On completion the tube will be removed and you will wait at the practice until we feel you are suitable to leave.

## Anxiety Score Card

Answer the questions below to see if you may benefit from dental sedation, for each question please circle the most appropriate answer.

Do you remember your first visit to the dentist as a child? **Yes/No**

As a child did you go willingly to the dentist? **Yes/No**

Did your parents and siblings go to the dentist happily? **Yes/No**

Do (or did) your parents have their own teeth? **Yes/No**

For how long do you expect to keep your teeth until?

Would it bother you to wear dentures? **Yes/No**

Have you ever had sedation or general anaesthetic for dental treatment? **Yes/No**

Are you bothered about any of these? (please mark with a vertical line)

Coming for an appointment?  
NO-----YES

Having instruments in your mouth?  
NO-----YES

Having teeth cleaned?  
NO-----YES

Having a tooth drilled?  
NO-----YES

Having a tooth taken out?  
NO-----YES

Having an injection in your mouth?  
NO-----YES

Having an injection in your arm?  
NO-----YES

Please discuss your answers.