



# Instructions for Intravenous Sedation

## Before the sedation visit:

- **Fasting:** You must not consume any food or beverage for 6 hours prior to the appointment. Only water can be drunk up 2 hours prior. We encourage you to have 150ml-200ml of water at the 2-hour mark.
- **Alcohol and Smoking:** Do not consume alcoholic drinks for the 24 hours prior to your sedation appointment. Ceasing smoking 24 hours before the surgery will improve healing. Stopping smoking for 2 weeks prior to and 1 week following your surgery will result in outcomes essentially like non-smokers.
- **Illness:** If you have a blocked nose, head cold, or any other illness, please inform us as soon as possible.
- **Medications:** Take any prescription medicines as normal; We will have already checked that these are compatible with the sedative used. Inform us if you have been prescribed any new medicines or have visited your GP since your previous visit.
- **Clothing:** Wear comfortable, loose-fitting clothing (no dresses) that allows access to your arms and neck to place the IV cannula and ECG monitors. Please wear flat shoes.
- **Escort:** A responsible adult MUST take you home. We will not be able to discharge you after the sedation treatment unless this person is present.
- **Makeup/Nail polish:** Please refrain from wearing makeup as we will be placing EEG (brain wave monitoring) sensors on your forehead. Do not wear any nail varnish or false nails as we need to place a pulse monitor that shines a light through your fingernail during the treatment.

## After the sedation visit:

- Do not drive a vehicle for the rest of the day.
- Do not operate machinery, look after small children, or carry out any dangerous tasks requiring concentration for the rest of the day.
- Do not consume alcohol or sleeping tablets for the rest of the day following sedation as these may interact with the sedative that is still in your body.
- Ensure you have a responsible adult at hand for the rest of the day after the sedation visit.

## Frequently Asked Questions:

- Q: What is intravenous sedation?**  
**A:** Intravenous or IV sedation is a technique used to remove anxiety during a dental visit. A small cannula is placed into a vein in your arm or back of the hand and a sedative drug is administered. The sedative works very quickly, and you feel instantly relaxed. The dentist, who aims to make you totally relaxed whilst still being able to co-operate, controls the level of sedation. The full sedative effects last for as long as the infusion is running, allowing a lot of dental treatment to be carried out if necessary.
- Q: Will I remember the treatment?**  
**A:** As a general rule, No. Most people have little to no recollection from the point when the sedative is administered to the time of discharge you get home. This feature of sedation makes it excellent for people who do not wish to remember unpleasant procedures such as removal of wisdom teeth.
- Q: What happens after the treatment session?**  
**A:** We keep you in the dental chair as the sedative starts to wear off. Generally, this takes between 10-15 minutes. We will only allow you to leave when we are happy that you are fit for discharge. We will be on hand monitoring you while you recover should you have any problems.
- Q: Will I feel sick afterwards?**  
**A:** No. Unlike a general anesthetic, there is usually no feeling of nausea afterwards. Recovery is usually rapid, crisp and pleasant. You may feel dehydrated after given that you haven't had any fluids for a relatively long period of time. It is important that you drink plenty of water after your sedation (particularly if you have had a long session) and get plenty of rest.

If you have any queries between now and your sedation appointment, please email at [sedation@rohitbedi.co.nz](mailto:sedation@rohitbedi.co.nz) or see further information <https://www.rohitbedi.co.nz/iv-sedation>