

## What happens after the procedure?

At the end of treatment, they will walk you to the recovery area where your escort will be waiting.

You will still feel sleepy and many people are clumsy and forgetful. For these reasons you will not be able to leave the facility until you have been checked by the dentist.

Most people spend about 30 minutes in the recovery area. The plastic tube will remain in your arm or hand until you are fit to leave.

## What are the risks?

Intravenous sedation can slow down your breathing. The dentist overcome this by monitoring you closely and giving you oxygen (through a mask) if needed.

Another possible complication is bruising to your hand or arm after the injection but this should only last a few days. The Dentist will speak to you about risks in more detail before you sign the consent form.

## What do I need to do after I go home?

For your safety, it is important that you follow the advice given. Although you might feel fine, your reasoning, reflexes, judgement, coordination and skill can be affected by the sedation until the next day.

Please rest at home until the following day.

During this time, you should not:

- drive any vehicle or ride a bicycle
- operate any machinery, including domestic appliances
- attempt to cook, use sharp utensils or pour hot or boiling liquids
- drink alcohol or smoke
- take sleeping tablets
- make any important decisions or sign any contracts
- be responsible for children or other dependants.

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THE SOUTH AFRICAN  
DENTAL ASSOCIATION



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South African Dental Association

Private Bag 1

Houghton, Gauteng

South Africa

T: +27 11 484 5288

E: [info@sada.co.za](mailto:info@sada.co.za)

[www.sada.co.za](http://www.sada.co.za)

**Dental  
Treatment  
For Anxious  
Patients**

## Can I cope with injection in the gum?

No one likes having dental treatment but many of us manage to accept our dentistry with the help of an injection in the gum, (local anaesthetic).

Some of us however require alternative methods of pain and anxiety control.

There are a number of these, which can be used either alone, or in conjunction with the familiar local anaesthetic. Your dentist will understand your anxieties and will be pleased to discuss your options.

## Are there any alternatives?

The alternatives to this type of sedation are local anaesthesia without sedation and general anaesthesia.

Treatment under local anaesthesia will involve an injection into the gum so that there will be no pain. But without additional sedation you will be more aware of the dental experience.

## General Anaesthesia (GA)

General anaesthesia (GA) is now largely confined to the hospital environment.

There are still a small number of patients, especially children, but also some adults, where the treatment is best provided under a GA and for whom appropriate referral to hospital is justified.

To replace GA there is a range of safer modern alternatives. The range extends from “tender loving care” right through to conscious sedation provided by your dentist giving an injection in your arm or hand.

## Sedation

Oral sedation, inhalational sedation and the injection in the arm are the more commonly used techniques but some dentists can produce good results using hypnosis or acupuncture either alone or in conjunction with other treatment methods. Should you feel these alternatives are for you, talk to your dentist.

## Will oral sedation help me?

Oral sedatives are taken by mouth in the form of tablets, capsules or liquids. These drugs can either

be used to relax you before your trip to the dentist (pre-medication) or act as a sedative to help you when you are having treatment.

Your dentist will need to know about your general health and any medication you are taking.

## Inhalational sedation

A specially designed machine delivers the gases and can be adjusted by your dentist in response to your needs.

You may experience a warm tingly feeling which allows you more easily to accept dental treatment. There are requirements both before and after treatment with inhalational sedation and the instructions given by your dentist must be strictly followed.

## What about conscious sedation?

Conscious sedation is a form of anxiety control which makes treatment more pleasant for the patient. It is effective, predictable and very safe.

Conscious is the modern alternative to general anaesthesia for most dental procedures.

Conscious sedation can be given in a number of ways. Conscious sedation will make you feel sleepy and relaxed. Most patients can remember little or nothing of the procedure, but it does not affect any part of your memory before the drug was given.

## Intravenous sedation – Dental Chair / Day Theatres

Please have a light meal prior to your appointment. Please take your regular medication with a small amount of clear fluid. Your medicines will be reviewed before you come in for the procedure, and you will be told if you need to stop any of them temporarily. Unless you are advised otherwise, please continue to take your routine medicines as usual. Please let your dentist know if you have allergies to any medicines.

You must arrive on time and be escorted by a responsible/able-bodied adult who will stay until your treatment is complete and will take you home afterwards. The dentist will not be able to proceed with your treatment unless you have a suitable escort.

If you have children, you will need to arrange help with looking after them until the following day.

If you develop a cold or feel unwell before your treatment, or think you might be pregnant, please call the dentist for advice.

Intravenous sedation involves giving you an injection of sedative drug through a plastic tube into a vein in your arm or hand. The sedative drug will relax you and make you feel sleepy during your treatment.

Once you are sedated, you will be given a local anaesthetic injection which will numb your mouth before treatment begins.

## What are the benefits – why should I have intravenous sedation?

Sedation by injection will help you cope with dental treatment and reduce your anxiety. Even people who do not feel anxious about dental treatment choose to have sedation for uncomfortable procedures such as extractions (removing a tooth).

## What happens during the sedation?

The dentist will explain the treatment planned and check that you understand what will happen. Your blood pressure will be taken.

You will be asked to lie back in the dental chair and have a small, plastic tube (cannula) placed in your arm or hand. The dentist will then give the sedation slowly through this tube and encourage you to relax. The dental team will monitor your breathing throughout treatment.

## Will I feel any pain?

Your dentist will use local anaesthesia to numb the area where you will be having treatment.

You might feel a slight stinging sensation while having the local anaesthetic injection but then the area should feel numb.

Your dentist will do their best to make sure you feel as comfortable as possible during the procedure. Please let them know if you feel any discomfort.