

PRE- & POST-SEDATION INSTRUCTIONS FOR PATIENTS AND CARERS

As per protocol of the South African society of Anaesthetists

Please read the instructions carefully

Dear Sir / Madam

You need to undergo a procedure/operation, and your dentist/specialist has chosen to do this under sedation. Please read the following information and instructions carefully. If anything is unclear, please contact your sedationist at the provided telephone numbers or e-mail.

Procedural sedation and analgesia entails the administration of sedative and/or analgesic drugs to induce a reduced level of consciousness to such an extent that normal protective airway reflexes and spontaneous respiration are maintained, and cardiovascular function is unaffected. Procedural sedation and analgesia, together with regional/local anaesthesia, will put me/the patient in a relaxed state to make minor surgery possible

Pre-Sedation instructions

- ❖ If you suffer from any medical condition or take any acute or chronic medicine, you will need to inform the doctor before the procedure/operation.
- ❖ A medical history questionnaire has been included; please complete this and return it to your doctor before the procedure/operation via e-mail or fax, or take a photo and 'WhatsApp'
 - The doctor/sedationist will discuss the form per telephone on request.
 - This is an important document, as it will help us to decide whether you qualify for the sedation that will have to be given for the procedure/operation.
- ❖ Medical advice:
 - Asthma sufferers are requested to bring their inhalers to the appointment.
 - Insulin-dependent diabetics must bring their blood glucose monitoring devices.
 - Smoking and alcohol intake should be avoided for 24 hours prior to your appointment.
 - Use of recreational drugs is not permitted for 48 hours prior to treatment.
 - If you feel sick or unwell, please call the doctor/sedationist so that he can decide whether it is necessary to postpone the treatment.
 - If you wear contact lenses, you may be asked to remove your lenses.
- ❖ Please wear comfortable clothes with loose-fitting sleeves.
- ❖ Avoid heavy make-up, nail varnish and jewellery.
- ❖ Wear flat shoes as you may be slightly unsteady afterwards.
- ❖ Do not eat anything for at least 6 hours before the procedure/operation.
 - Clear fluids may be taken up to 4 hours before.
- ❖ If you take chronic medication, please do so on the day of the procedure/operation, *after* discussing this with your sedationist.
- ❖ Please arrive in good time for your appointment, at least 15 minutes beforehand.
- ❖ Please empty your bladder before the procedure/operation.
- ❖ Please arrange for an responsible adult to take you home after the procedure.
- ❖ It will be necessary to put a drip/cannula in a vein of your hand or arm.

Post-Sedation instructions (aftercare of the patient)

- ❖ A responsible adult must take you home after the sedation, and you must remain in the company of a responsible adult for the remainder of the day.
 - Sedation will not be given if you arrive without an escort.
- ❖ Take your regular medication as usual, or discuss with doctor beforehand.
- ❖ You should not experience nausea or vomiting after sedation. If you do vomit, and this happens more than once, please contact your doctor/sedationist.
- ❖ Introduce any fluids or foods slowly after sedation.
 - If you tolerate clear fluids, you may then progress onto solids.
 - Do not eat or drink if you are nauseous.
 - Please do NOT take alcohol for the remainder of the day.
 - Avoid breastfeeding for 24 hours afterwards.
- ❖ If you have not passed urine within 6-8 hours of being discharged, please contact the doctor/sedationist at the telephone numbers provided.
- ❖ The sedation may result in amnesia (loss of memory). This is temporary, sometimes lasting for a few hours. Other effects are: Drowsiness, lack of awareness, decrease in coordination.
- ❖ It can take up 24 hours for the sedative drugs to be eliminated from your body and for you to fully recover from the effects of sedation Therefore, however well you may feel, please DO NOT:
 - Drive a vehicle, swim or cycle,
 - Use electrical equipment, cook, or operate machinery,
 - Care for children or dependent adults,
 - Make important decisions, sign important documents or perform complicated tasks,
 - Use alcohol, sleeping tablets, tobacco or recreational drugs.

Signature

Date

We do not anticipate that you will have any adverse events or complications. Should you become concerned about anything, please contact:

Dr George Thom (Cell: 082 650 1652), or Dr Alrisah Le Roux (Cell: 083 306 0661)

(or go to your nearest hospital for an assessment)