

Parent Checklist

- ❑ A suitable escort **MUST** be a **responsible adult (over 18 year's old) with parental responsibility**, ideally without physical or sensory disabilities or use of mobility aids.
- ❑ Do not bring other children or dependants.
- ❑ **You MUST** accompany your child to and from the appointment – ideally by car or taxi
- ❑ You **MUST** be present at the start of the appointment and stay throughout
- ❑ Stay with your child for the following 24 hours
- ❑ Ensure regular medications are taken
- ❑ Ensure your child has a small meal 2 hours before their appointment.
- ❑ Ensure nail varnish/acrylic nails are removed
- ❑ Ensure your child wears comfortable clothing and flat shoes – sliders / slippers are not appropriate.
- ❑ If there is any chance your child could be pregnant or is pregnant, inform your clinician at the start. If they are breastfeeding, you must ensure that they express enough milk before their appointment as they must not breastfeed for 24 hours after sedation.
- ❑ Ensure they do not take any recreational drugs, alcohol on the day or operate heavy machinery, cook, or sign legal documents for 24 hours after the appointment
- ❑ Following treatment, it is not appropriate to use social media on the same day

Before the appointment

After the appointment (24 hours)



Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں!

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Leave feedback on NHS Choices www.nhs.uk

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services:

www.bartshealth.nhs.uk/pals

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NHS

Barts Health
NHS Trust

Patient information

Intravenous Sedation for Dental Patients 12-16 year's old



Parent Leaflet

Royal London Dental Hospital

Young Barts Health

Young Barts Health

What is it?

Intravenous (IV) sedation is a **safe and effective method** of treating young people who are nervous about dental treatment. It can also help those with learning disabilities and movement disorders, who may struggle with dental treatment.

What does it involve?

It involves giving a sedative drug called **midazolam** into a vein in your child's hand or arm, which will allow them to relax during treatment. They **remain awake during their dental procedure** but **may later forget or remember very little about their treatment**.

Benefits and Risks

IV sedation **can help young people cope with their dental treatment by relaxing them and reducing anxiety**. Even very anxious patients who may have avoided dentistry for years, find they are able to successfully have the treatment they need with IV sedation.

As it can slow down their breathing (by making them more relaxed), we monitor this closely and can easily give extra oxygen if necessary. Occasionally they may have some bruising to their hand or arm after the plastic tube is placed.

In a small number of young people, sedation is not successful. If this is the case, the procedure may be stopped, and future treatment plan will be reviewed.

On the day of procedure

Before starting treatment, the dentist will check that you understand what is being carried out at that visit. We start by checking your child's blood pressure and oxygen levels. They will lie back in the chair and have a very small plastic tube placed in their arm or hand. The dentist will give them the sedation slowly through the tube and encourage them to relax. They will be monitored during treatment.

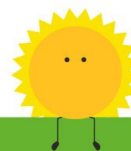
After the procedure

At the end of the procedure, they will remain seated in the dental chair until fully recovered. They may feel sleepy, and many young people are both unsteady and forgetful. For these reasons **you will not be able to leave until they are able to walk unaided**. For most young people, this takes about 30 minutes. The plastic tube will remain in place until they are fit to leave.

The escort will be responsible for looking after them on the day of their appointment and should not have additional responsibilities like caring for others including children or dependants.

Going home

For their safety, **follow the advice given**. Though may feel or look fine, their reasoning, reflexes, judgement, coordination, and skills can be affected by the sedation for 24 hours.



Dental Psychology Service

Our team of specialist psychologists provide tailored support to patients and their families, aim to improve adjustment and holistic health; and support with any other psychological concerns that may relate to dental care →



<https://www.nelft.nhs.uk/dental-and-oral-maxillofacial-psychology-service>



<https://dental.lltff.com/>

← Here you can find resources to unpack and dispel myths and preconceptions of all things dental, and help by offering advice and tips for how to navigate your dental appointment

Top tips on IV sedation from our psychology team here →



Alternatives?

Alternative options will be discussed by your dentist and may include the following if appropriate: Local anaesthetic, Inhalation sedation and General Anaesthetic.

Missed appointments

If you miss 1 appointment for sedation with less than 24 hours' notice **you may not be offered further appointments** with us.

