

## Department of Oral and Maxillofacial Surgery

# Information for patients having treatment under sedation

You have been offered treatment under sedation in order to help you relax. Most people feeling anxious find this helps them to relax when receiving treatment.

After receiving the sedation medication through a vein at the back of your hand or in the arm, you will feel drowsy and relaxed throughout the procedure. Most patients do not remember anything about their treatment.

After the procedure you will sit in the recovery room until you feel fit enough and your clinician is happy to discharge you home.

### **It is very important that you follow the instructions below:**

1. You **must not** eat or drink anything for two hours before your appointment time. Before this you should have a light meal, for example, toast and tea, coffee or fruit juice.
2. If you are taking any prescribed medicines or tablets they should be taken at the usual times and you should bring them with you to the department.
3. You **must not** drink alcohol on the day of your appointment or the night before.
4. You **must** be accompanied by a responsible adult who **must**, remain in the department throughout your appointment, escort you home afterwards and arrange for you to be looked after for the following 24 hours.
5. Your escort should take you home after treatment by private transport or taxi rather than public transport.
6. You **must not** drive any vehicle, operate any machinery or use a bicycle or operate any domestic appliance for 24 hours following sedation.
7. You **must not** drink any alcohol, return to work, make any important decisions or sign any legal document for 24 hours after sedation.
8. You **must not** wear tight-sleeved clothing or high-heeled shoes on the day of your appointment.

Please feel free at any time to ask the clinician or the sedation nurse any questions you may have about your treatment.



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করুন।

## Bengali

### Document history

Authors	Mr Lizi
Department	Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ <a href="http://www.addenbrookes.org.uk">www.addenbrookes.org.uk</a>
Contact number	01223 216412
Published	July 2008
Review date	July 2010
File name	Patients_having_treatment_under_sedation.doc
Version number	1
Ref	PIN1933