

Intravenous Conscious Sedation: Information and Consent

Conscious sedation is a controlled, drug-induced, minimally depressed level of consciousness that allows the patient to breathe independently, and continuously respond appropriately to physical stimulation and/or verbal command, e.g., “open your eyes.”

Intravenous conscious sedation or deep sedation is a versatile mode of anesthesia available for office use today. It provides you with a tranquil, relaxed state, sometimes with or without loss of consciousness. Some people experience amnesia, but amnesia is not a guarantee. Benefits of conscious sedation include reduced awareness of unpleasant sights, sounds and sensations associated with the procedure, along with reduced anxiety. Many patients fall asleep, **but not always**.

(initial)

An intravenous catheter (IV) is inserted into a vein to administer the medications. Your vital signs are checked every three to five minutes. Emergency equipment, supplies, and medications are immediately available at all times. A local anesthetic is administered, and sometimes nitrous oxide (laughing gas) and oxygen are used along with the intravenous medications.

There are possible complications with any anesthesia, and I.V. conscious sedation is no exception. Although this is a very safe mode of anesthesia, we cannot assure you that complications will not occur. Possible inherent risks are, but not limited to drug reactions and side effects, nausea/vomiting, allergy to medication, bruising, and vein inflammation at the site of the intravenous injection.

(initial)

After your procedure you will be observed and receive care until you have responded sufficiently to safely return home. Discharge from our office will be based on you meeting a set of criteria. Since all people respond differently, it is difficult to say how long your stay will be, but stays ranging from thirty minutes to one hour postoperatively are normal. Please be aware that if for some reason you do not meet our discharge criteria, it is felt to be in your best interest that admission into a hospital may be medically necessary. After returning home you may be able to expect periods of wakefulness along with sleepiness for the remainder of the day. Please read the **before** and **after** sedation information below and then read and sign the consent form. Feel free to call us if there are any questions.

I understand that it is **critically important** that I fully discuss my complete medical history with the dentist before sedative medications are administered especially any medications I’m taking.

(initial)

Common medications used by this doctor, for oral conscious sedation include Versed(midazolam), Fentanyl(Sublimaze), and Benadryl(diphenhydramine). **Please inform the dentist of any adverse or allergic reactions that you had to these or any medications at all.** These medications can greatly minimize anxiety that may be associated with going to the dentist. In a relaxed state, you will still be able to communicate with the dentist while treatment is being performed. Even though it is safe, effective, and wears off rapidly after the dental visit, you should be aware of some important precautions and considerations.

(initial)

Tell the doctor if you are taking the following medications as they can adversely interact with the sedation medications: nefazodone (Serzone); cimetidine (Tagamet, Tagamet HB, Novocimetine or Peptol); levadopa (Dopar or Larodopa) for Parkinson’s disease; antihistamines (such as benadryl and travist); verapamil (Calan); diltiazem (Cardizem); erythromycin and the azole antimycotics (nizoral, biaxin, orporanox); HIV drugs indinavir and nelfinovir; and alcohol. The dentist has reviewed the written instructions with me including expectations regarding food/drink intake, escort and activity after the sedation.

(initial)

Sedation can be administered by multiple routes. Dr. Michael Nguyen has discussed these options with me. I also understand that the sedation plan may need to be changed on the day of the procedure. I also acknowledge that no guarantee has been made as to the results that may be obtained.

(initial)

Before Your Conscious Sedation Appointment

- 1.** Notify your dentist immediately of any changes, even minor, in physical condition, such as a cold, nausea, bleeding, etc.
- 2.** Wear a casual loose fitting, short-sleeved top.
- 3.** Do NOT wear fingernail polish or heavy make-up such as mascara.
- 4.** Bring a case to place your eyeglasses, contact lenses, or dentures in before surgery.
- 5.** Bring your signed pre-anesthesia evaluations and all signed consent forms with you.
- 6.** Do not smoke after you awaken.
- 7.** Perform your usual bathing routine and brush your teeth.
- 8.** If your child is being treated, two adults are required, one to drive the vehicle, and on to care for the child.
- 9.** A caregiver must be available and take care of you for the next 24 hours after your dental surgery.
- 10.** Ask us any questions or concerns that you may have at any time prior to your procedure.
- 11.** Taking recreational/illicit drugs can also cause untold reactions.

Before Your Conscious Sedation Appointment (CONTINUED)

You should not receive conscious sedation if you are PREGNANT, breast feeding, or have significant liver or kidney disease. _____(please initial)

**I understand that I will NOT eat or drink anything for 6 hours prior to receiving oral sedation. I understand that not complying with this can lead to serious complications. _____
(please initial)**

I also understand that I will need an escort/driver to take me to and from the dental office. I will NOT operate any vehicle or heavy machinery or perform important tasks that need my full alert attention for the first 24 hours after sedation. _____ (please initial)

After Your Conscious Sedation Appointment

- 1. Discharge from your dentist will be based on your street fitness, which means you are not having any severe pain, you are not severely nauseated, you can safely ambulate without assistance, your vital signs are stable and within normal limits, and you respond appropriately to verbal stimuli.**
- 2. For your safety, someone should care for you and watch you closely for the next 24 hours.**
- 3. If sleeping, lie only on your side or stomach for at least the next six hours after surgery.**
- 4. Do not take any depressant medications unknown to your doctor.**
- 5. Do not operate a motor vehicle or operate complex and/or heavy machinery for at least 24 hours after your anesthetic and surgery as your responses will be dulled or slowed considerably.**
- 6. Do not ingest any alcoholic beverages for at least 24 hours after your anesthetic and surgery.**
- 7. Important decision-making should be delayed for at least 48 hours after your anesthetic and surgery.**
- 8. Do not take a public conveyance without the presence of an adult.**
- 9. Follow your doctor's instructions and return to see him or her as directed.**
- 10. If you have any problems or questions regarding your anesthetic and/or surgery, call your dentist.**
- 11. See the DO's and DON'Ts list below.**

Post-Sedation Instructions
DO's and DON'Ts After Anesthesia:

DON'T operate a motor vehicle for at least 24 hours.

Your responses will be dulled or slowed considerably.

DON'T go up and down stairs unattended.

Try to stay on the first floor until recovered. Always hold on to someone's arm as you may have balance problems due to the sedative medications.

DON'T operate complex equipment or machinery for at least 24 hours.

The same logic applies to driving a car similarly applies to the operation of other equipment. This includes equipment used at home, such as a lawnmower, as well as that which is used on the job, such as a forklift truck.

DON'T make any important decisions or sign any legal documents for the day.

The potential for impairment relates not only to physical activities but to your mental state also. Moreover, the anxiety that frequently accompanies important decisions is to be avoided. The day should be spent resting.

DON'T take any medications unless prescribed by or discussed with your dentist or CRNA.

Some medications may adversely interact with anesthetic drugs or chemicals remaining in your body. Included are prescription drugs, such as sleeping pills or tranquilizers, and over-the-counter medications, such as aspirin.

DON'T drink alcohol for at least 24 hours.

Alcohol is also considered a drug, meaning that an alcoholic drink has the potential to negatively react with the anesthetic in your system. This includes hard liquor, beer, and wine.

DO leave the health care facility accompanied by a responsible adult.

This person will ensure that you travel home safely, as well as provide immediate care at home. You should continue to have this adult with you for 24 hours after surgery.

DO remain quietly at home for the day and rest.

You need rest both because you have received anesthesia, and because you have undergone a surgical procedure, even one that is considered minor. If after a day you still do not feel recovered, you may want to continue your rest for a day or two. Discuss your planned return to work with your dentist or CRNA.

DO arrange for someone to care for your small children for the day

Even if given instructions to play peacefully and not overtax your children sometimes forget such directions or have trouble staying quiet for an entire day. The most predictable course of action is to leave small children and babies in the care of another responsible individual.

DO take liquids first and slowly progress to a light meal.

Heavy foods can be difficult for your system to digest, thereby increasing the chance for discomfort. For your nourishment, start by taking liquids, and then eat light foods, such as broth or soup, crackers or toast, plain rice, jello, and yogurt.

DO drink a lot of water.

DO call your dentist, your physician, C.R.N.A., if you have any questions.

These professionals are interested in your welfare and want your care to go as planned. If you have questions, or feel your recovery is not progressing to your satisfaction. Available 24 hours, seven days a week.

REMEMBER: Communication and cooperation are essential to the anesthesia process. Active participation in your care helps ensure your safety and comfort.

I have read all 5 pages of this document, entitled "Intravenous Conscious Sedation: Information and Consent." I have discussed my treatment with Dr. Michael Nguyen, and he has satisfactorily answered all of my questions regarding sedation. A copy of this form has been given to me for my own reference.

I, _____, request and authorize Dr. Michael Nguyen to administer conscious sedation medications and/or nitrous oxide/oxygen conscious sedation to me in conjunction with the planned procedures

Patient/Guardian _____ Date _____

Witness: _____ Doctor: _____