



truly

Conscious Sedation
Healing & Aftercare

We take your *mental wellbeing* as seriously as we do your *oral health*.

Our patients' comfort and confidence in their treatment are at the heart of what we do. Up to 1 in 4 people worldwide experience some degree of anxiety or fear related to dental care, with as many as 1 in 25 Irish people affected by fully-fledged dental phobia.

If you experience nerves, tension or anxiety while having or even thinking about a visit to the dentist, you are far from alone. We take our patients' mental wellbeing as seriously as we do their oral health, and will always work with you to create a treatment plan that respects and supports your individual needs.

Our state-of-the-art clinic is fully-equipped to provide a variety of relaxation and unwinding options during examinations and procedures, and our highly-experienced team are sensitive to the immense trust placed in them by every patient who comes through our door. We strive to always match patients' bravery in reaching out to us about their dental health whether for a routine check-up or that first visit back to the dentist in years—with understanding and flexibility. Our team will listen to any fears or anxieties you have, including what works (and

doesn't work) for you, before taking you through the range of available relaxation and sedation options—we work to find the approach that is right for you, ensuring that you always remain in control of your treatment experience.

One option we provide is for any of your treatment to be carried out under conscious sedation. This approach may be right for you if:

- 1 | You are affected by moderate to severe dental anxiety, or nerves related to a specific dental procedure.
- 2 | You get limited relief from local anaesthetic ('numbing' gel or injections) or you have an extremely low tolerance for pain.
- 3 | You have a strong or sensitive gag reflex.
- 4 | You have a history of unpleasant or difficult dental work, or are bothered by intrusive memories of dental procedures.
- 5 | You have limited time to attend appointments for a multi-step treatment plan, or you would prefer to pass a lengthy procedure in greater comfort.

Conscious sedation is an exceptionally safe method of facilitating dental treatment for nervous patients.

However your dental team will go through your previous medical history with you beforehand to ensure that this procedure is suitable for you. Please also read the following information carefully, to help you prepare for your treatment under conscious sedation.

Everything you need to know prior to attending the clinic:

- 1 | It is essential that you are accompanied to the clinic by a responsible adult, they will also be able to collect you following your appointment to escort you home and stay with you for 24 hours after your treatment. If not, you will be unable to undergo treatment on that day.
- 2 | Do not attend your appointment with any dependants upon your care such as young children or elderly persons. Arrange for suitable childcare/carer alternatives for the full 24 hours following your appointment.
- 3 | Please inform us if you think you may be pregnant or are currently breastfeeding as you may need to make arrangements for feeding alternatives.
- 4 | Continue to take your regular medications as normal prior to your appointment, unless advised otherwise by your dentist.
- 5 | Please do not smoke for 24 hours prior to your appointment. Do not consume any recreational drugs or alcohol for 48 hours prior to your appointment.
- 6 | **You may eat a light meal up to 4 hours before your appointment.**
Drink plenty of water the day before, staying well hydrated will benefit you during and after your procedure. However do not drink any fluids 2 hours before your appointment.

- 7 | Remove any piercings from your mouth or face before your appointment.
- 8 | Please avoid wearing nail polish as this may interfere with our monitoring equipment.
- 9 | Wear flat shoes and loose, comfortable clothing to your appointment. Wear a short-sleeved top if possible, as the dental team will need access to your arm.

**Still a *little unsure*?
Here's what to expect upon arrival:**

- 1 | We will ask you to pay at the front desk prior to your appointment.
- 2 | A benefit of this kind of sedation is the patient's relaxed state and lack of awareness of time passing. Your dentist will be able to work with you in this appointment for longer and greater efficiency, and may have discussed completing a greater number or a more complex set of procedures than is usually possible.
- 3 | For this reason we will schedule any follow up appointments that will be required at this time, so you are free to leave once your appointment and monitoring period are complete.
- 4 | The exact procedures you will have performed under sedation will determine any other aftercare instructions and information you/your escort are given at this time. For example, standard advice regarding mouth numbness following local anaesthetic. As sedation induces deep relaxation and a lack of anxiety, for total pain relief a numbing agent will still be required. You will not however be aware of it being administered, and will not remember it afterwards).
- 5 | Before the IV sedation dentist begins, they will ask you to read and sign a consent form, detailing the risks and benefits and any potential side effects for your treatment and the conscious sedation.

What to expect in the 24 hours following your appointment:

- 1 You will be asked to stay in the waiting room for an observation period after your treatment. Once the dentist is happy with your recovery you will be allowed to go home.
- 2 **The effects of sedation can last for up to 24 hours after treatment.**

Your ability to think clearly can sometimes be compromised and your normal reaction times may be delayed.
- 3 A responsible adult must take you home by car or taxi only. Avoid public transport or extended walking. Your escort must also stay with you for 24 hours following your treatment.
- 4 You will not be able to provide care for dependants for 24 hours following treatment, and breastfeeding should also be avoided.
- 5 For 24 hours after treatment you should rest at home, avoiding strenuous activity or exercise.

- 6 Do not drive a car or operate machinery. Do not return to work or make any important decisions for 24 hours after treatment.
- 7 **You can eat and drink as you feel like it following the procedure.**

Unlike alternative methods involving full anaesthesia, conscious sedation is not associated with side effects of nausea. You must not drink alcohol or smoke in the 24 hours after treatment.
- 8 Make sure to continue to take your medication as normal.

If you follow these instructions and ensure your escort is aware of your restrictions, you should find your treatment and recovery under conscious sedation both pleasant and uneventful.

Please do not hesitate to ask your dentist any questions about your treatment, so that you can determine if this approach is right for you, and help you prepare for conscious sedation.

Join the club at trulydental.ie and book your mouth a wellness retreat.

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Opening Hours

Mon to Fri 08:00 – 20:00

Sat to Sun 11:00 – 18:00

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