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Intravenous sedation consists of the use of a sedative directly into the blood stream. It is not necessary to starve yourself, and we would advise a light meal at least two hours before your treatment. We will need to gain access to veins, so please wear loose fitting clothing, which can have the sleeves rolled back. A device that is attached to your fingernails measures your pulse and oxygen levels, so it is **essential** you remove any nail varnish.

The sedative is in your blood stream for up to 24 hours, and as such additional precautions are needed. You need to be accompanied by a responsible adult who can take you back home, and look after you for the rest of the day. If you cannot find someone to take you home, please re-book your appointment as it will be **cancelled** on the day. Patients sometimes feel cold after surgery, so please bring a blanket to use in the recovery room.

For the rest of the day:

Do not drive or operate any machinery.

Do not cook

Do not make any important decision, or sign papers

Do not drink alcohol, or take sleeping tablets.

Telephone 01793 433381 if you have any questions.