

# Intranasal sedation for your dental treatment

Information for patients, family and carers

## Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

## What is intranasal sedation?

Intranasal sedation involves spraying a small amount of a sedative drug (midazolam) into the nose. The sedative drug will make you feel relaxed during your treatment.

Intranasal sedation is not the same as a general anaesthetic, which fully puts you to sleep. However, midazolam does affect memory, so many people do not remember anything about their treatment.

## Do I have to make any special arrangements before I attend for my appointment?

You must follow the pre-sedation instructions listed below. If you do not follow these instructions, your appointment will have to be rescheduled.

- No alcohol or recreational drugs for 48 hours before your appointment.
- Take all prescribed medication at usual times (unless the doctor has specified otherwise).
- Tell us if there have been any changes to your medical conditions.
- Have a light meal two hours before appointment, unless we inform you otherwise.
- You need to be accompanied by an adult escort, who must be present in the waiting area throughout your appointment and is able to support/look after you when you are discharged home (if you cannot arrange an escort, treatment will have to be postponed).
- You must go home by car or taxi, not public transport.
- You/your escort must not bring any children (under 12 years) on the day as it is not possible for your escort to take care of you and a child at the same time.

## What will happen at my appointment?

The dental team will take you into an assessment and treatment room. You will be asked some questions regarding your pre-sedation instructions and it will be determined if it is safe to start treatment. Please feel free to ask any questions you may have regarding your treatment.



In the dental surgery a sedation nurse will place a blood pressure cuff on your arm (blood pressure is recorded every five minutes) and place a probe on your finger (this will beep).

The dentist will use the nasal applicator to spray a small amount of the sedation drug into your nose. When you feel relaxed, a small plastic tube (cannula) will be inserted into a vein in either your hand or arm. If needed, more of the sedation drug will be given through the cannula before your dental treatment starts. Your carer or family are welcome to stay in the dental surgery to support you and the staff during this process, if you wish.

Your appointment will last approximately two hours.

## What are the risks of intranasal sedation?

There may be a stinging sensation or occasionally a nose bleed when the sedation drug is sprayed in the nose. However, this is reduced by the use of local anaesthetic along with the sedation drug.

Midazolam is a routinely used licensed sedation drug for injection into the vein, but its use for intranasal sedation is off-label in the UK. This means it is prescribed outside of the terms of its product licence. However this does not mean it is unsafe to use it. There is a large amount of research and evidence to demonstrate the success of this technique. Un-licensed or off-label medications are only prescribed after careful consideration of the best interest of the patient and only if it is appropriate to do so. The dentist choosing to use it has had the training in its use and takes full responsibility for its action.

## Recovery

Once the procedure is complete you will be given a chance to relax in the dental surgery. The monitoring equipment (blood pressure cuff and probe) will still be used. Your escort will be brought through to accompany you throughout your recovery period.

## Discharge

Once the dental staff are happy for you to be discharged, they will give both you and your escort verbal and written aftercare instructions for the following 24 hours. The dental staff will check you are safe to leave and will remove your plastic tube (cannula).

## What happens if I need further treatment?

If you require a follow-up appointment, this will be made for you at your visit. If there is no more treatment required, we will write a discharge letter back to the person who referred you to us.

## How will I feel when I leave hospital?

You are likely to feel drowsy, disorientated and forgetful for the rest of the day. You may also experience some bruising to your hand or arm where the plastic tube (cannula) was placed.

## For 24 hours after your appointment

You must **NOT**

- Drive any vehicle or ride a bicycle or a mobility scooter
- Take exercise or participate in sports
- Return to work or school
- Operate any machinery or use any domestic appliance
- Drink alcohol or take any recreational drugs
- Make important decisions/sign legal documents/make any transactions on the internet
- Look after any young children

You **MUST**

- Take all prescribed medication at normal times (unless the clinician has informed you otherwise). This should be supervised by another adult.

## If you have problems on the day when you return home

If you have any further questions, please ask the dentist. We are here to help you.

Exeter NHS Dental Access Centre  
RD&E Hospital (Heavitree)  
Gladstone Road  
Exeter  
EX1 2ED

Tel: 01392 405718

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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