



MOLTONS

DENTAL & AESTHETICS



SEDATION INFORMATION GUIDE

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WE COMPLETELY UNDERSTAND THAT MANY PATIENTS FEEL ANXIOUS ABOUT VISITING THE DENTIST

Our goal is to make your experience as comfortable and stress-free as possible. That's why we provide gentle care, clear communication, and the option of dental sedation for those who need extra support.

LOOKING AFTER OUR NERVOUS PATIENTS

If you experience pain or anxiety or have dental phobias, please let us know how you are feeling so we can help you in the best way we can. Our dentists are compassionate, patient, and nonjudgmental professionals who genuinely have your health and well-being at heart. We are committed to helping you feel calm, relaxed, and comfortable throughout your visit.

Feeling anxious about a dental procedure is an entirely natural response. But it shouldn't have to be that way, especially since it's possible to opt for sedation, which not just controls your nerves but places you into a fully relaxed state of being.

THE MAGIC OF SEDATION

Our outstanding dentists at Moltons Dental will do everything possible to enhance your comfort and explain your procedure in as much detail as you wish. This transparency is often enough to build trust, helping patients relax and feel confident about their procedure.

However, in some cases, nerves can create a huge barrier to treatment, which is where IV (intravenous) sedation comes in.

IV sedation is generally administered into a vein in the arm at the site where you would have blood drawn for a blood test. If we cannot locate a vein in this area, we can administer the sedative in a vein on the back of the hand.

IV sedation eliminates feelings of anxiety and fear in patients – it's common to feel happy under sedation (some patients even get the giggles)!



WHO IS SEDATION FOR?

The most prominent use of sedation is to quell the nerves of phobic patients. However, it can also make procedures (such as implant surgery) more comfortable.

IV sedation can be suitable for patients who:

- Have a strong gag reflex and would like to be fully comfortable without worrying that this will lengthen their treatment.
- Are undergoing a long or complex dental procedure and would like the treatment to pass more quickly.
- Would like to remember very little of the procedure (IV sedation often causes patients to have very little memory of the procedure).

HOW TO PREPARE FOR SEDATION?

- Eat a light meal at least 4 hours before your appointment.
- Please keep hydrated with clear fluids for up to 2 hours before our appointment. Please do not eat or drink anything after this time (unless your dentist at Moltons has advised it).
- Please refrain from smoking for 24 hours before your appointment.
- Do not take any recreational drugs or drink alcohol for 48 hours before your appointment.
- Avoid drugs that will cause lethargy (hayfever tablets/tablets for cold and flu/Valerian tablets/opiate-based painkillers).

- Whilst you can attend the practice alone, we will ask you to leave the name and number of a responsible adult who will be your escort home after the procedure. Our reception team will contact them to inform them of the time to come and escort you home.
- The responsible adult must be able to take you straight home.
- The responsible adult should remain with you for the rest of the day following your surgery.
- Arrange childcare for the remainder of the day of your appointment or ask your escort to care for your children while you recover on the day of surgery.
- Please be aware that you will not be able to drive yourself home on the day of surgery. If you feel better the next day, you can drive—just make sure you're not too tired or feeling unwell.
- Please remove false nails and nail varnish. They could interfere with the monitoring equipment used during sedation-based treatments.
- Wear loose-fitting clothing and flat shoes. We recommend a short-sleeved top or jumper; we must attach a blood pressure monitor during the procedure.
- Please advise us as to whether you could be pregnant – we will not be able to proceed if this is the case.
- Nursing mothers, please refrain from breastfeeding for 24 hours after the procedure.





AFTER SEDATION

After treatment is complete, we will ask you to stay briefly in the surgery or recovery room to allow the effects of the sedative to wear off.

Your dentist will observe you and let you know when your chaperone can escort you home. Please be aware that the effects of sedation may not wear off entirely for 24 hours.

- After your treatment, your escort should take you straight home. Please do not make plans to go out.
- You must be taken home by car or taxi only. Do not use any form of public transport.
- You must not go out alone, drive a car, ride a bicycle, operate machinery or use domestic appliances.
- You must not make any important decisions (such as signing legal documents or making significant purchases) for at least 24 hours following sedation.
- Continue to take your usual medication as normal.
- Refrain from drinking alcohol or smoking for at least 24 hours.



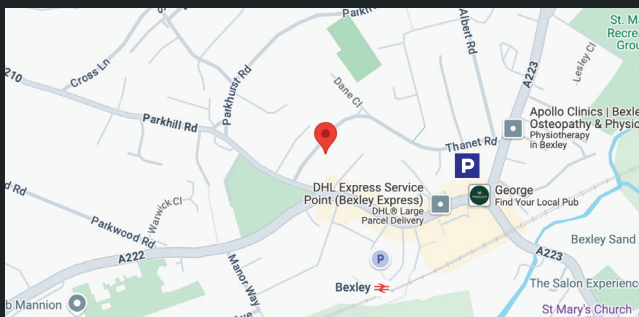
CONTACTS

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PARKING AND ACCESSIBILITY

You're welcome to park next to the practice - just note that resident restrictions apply between 10:00 and 11:00 AM only.

Patients are also welcome to park on the drive, subject to availability. There is ample public parking at the end of Thanet Road (DA5 1AP), just a 2-minute walk away, as well as at Bexley Station, which is a 6-minute walk. A bus stop is located 2 minutes away, with services including the 229, 132, and 269 buses.

OPENING HOURS

Mondays - Friday: 9am to 5.30pm

Saturdays: 9am to 1pm . Sundays: Closed

