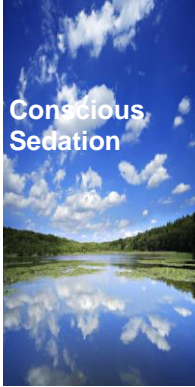




Conscious Sedation



Conscious Sedation

Imagine...

A completely relaxing and **safe way** to achieve a radiant and **healthy smile**. Without the anxiety and pain you sometime feel about going to the dentist.

A totally new, **anxiety free**, dental experience.

Resources

Books

Behrman, R. *Nelson Textbook of Pediatrics*, 16th ed. Philadelphia: W. B. Saunders Company, 2000.

Periodicals

"Recommended Practices: Monitoring the Patient Receiving IV Conscious Sedation." *Association of Operating Room Nurses* 57, no. 4 (April 1993).

U. S. Department of Health and Human Services. *Acute Pain Management: Operative or Medical Procedures and Trauma. Clinical Practice Guidelines*. Department of Health and Human Services Pub. No AHCPR 92-0032.

Organizations

American Association of Nurse Anesthetists. 222 South Prospect Avenue / Park Ridge, IL 60068-4001. Tel: (847) 692-7050. Fax: (847) 692-6968. E-mail: info@ aana.com.

What is Conscious Sedation?

This type of sedation induces an altered state of consciousness that minimizes pain and discomfort through the use of pain relievers and sedatives. Patients, who receive conscious sedation usually, are able to speak and respond to verbal cues throughout the procedure, communicating any discomfort they experience to the provider. A brief period of amnesia may erase any memory of the procedure. Conscious sedation allows patients to recover quickly and resume normal daily activities in a short period of time.

When is Conscious Sedation Administered?

Conscious sedation is administered in hospitals, outpatient facilities, e.g., ambulatory surgery centers, doctors offices, etc., to facilitate dental prosthetic/reconstructive surgery procedures.

Who Can Administer Conscious Sedation?

Conscious sedation is extremely safe when administered by qualified providers. Certified Registered Nurse Anesthetists (CRNAs), anesthesiologists, other physicians, dentists, and oral surgeons are qualified providers of conscious sedation. Specifically trained Registered Nurses may assist in the administration of conscious sedation.

Should Conscious Sedation be monitored?

Yes, proper monitoring of conscious sedation is necessary. Healthcare providers monitor patient heart rate, blood pressure, breathing, oxygen level and alertness throughout and after the procedure. The provider who monitors the patient receiving conscious sedation should have no other responsibilities during the procedure and should remain with the patient at all times during the procedure.

What are the Side Effects of Conscious Sedation?

Occasional side effects may include headache, hangover, nausea and vomiting or unpleasant memories of the surgical experience. A brief period of amnesia after the procedure may follow the administration of conscious sedation.

What Should Patients Expect Immediately Following the Procedure?

Written postoperative care instructions should be given to the patient to take home. Patients should not drive a vehicle, operate dangerous equipment or make any important decisions for at least 24 hours after receiving conscious sedation. A follow-up phone call usually is made by the healthcare provider to check on the patient's condition and answer any remaining questions.

Conscious sedation provides a safe and effective option for patients undergoing minor surgeries or diagnostic procedures. The number and type of procedures that can be performed using conscious sedation have increased significantly as a result of new technology and state of the art drugs.