



Minnaar Sedation

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Frequently asked Questions:

What is Procedural Sedation or Conscious Sedation?

This is a very light form of anaesthesia where the patient does not lose consciousness. Sedative drugs are used in very low doses so that the patient is rendered free of any anxiety and discomfort, but can communicate verbally throughout the procedure.

What is the advantages of Conscious Sedation?

Procedures are less traumatic for patient, costs are significantly lower than General Anaesthesia, anxiety is minimized, recovery period is shorter and there is a lower incidence of nausea and vomiting.

Who would benefit from Conscious Sedation?

It is ideal for minor but painful procedures and for people who have a high level of anxiety, but does not always qualify for General Anaesthesia. More specifically this service is aimed at people who get very anxious during medical procedures and anybody that has a very low pain threshold who needs a medical procedure.

What are examples of procedures that can be done with Conscious Sedation?

Dentistry, Periodontist, Prosthodontist: Any work that can be done with local anaesthetic, crown and bridge work, wisdom teeth, Implants, Dentectomies/Extractions.
Children who need to see a Dentist, but are anxious.

Dermatology: Cauterization, Excisions of multiple skin lesions, Laser Therapy, Cryotherapy of skin lesions, PDT (photo dynamic therapy), Chemical skin removal.

Gynaecology: Insertion of an Intra-uterine device (Mirena), Cervix biopsy,
Colposcopy/LLETZ, Hysteroscopy.

Gastroenterologist: Colonoscopy, Gastroscopy and other procedures including ERCP.

Casualty / Emergency Department: after an accident for a dislocated limb or sutures – especially in children.

Plastic Surgery: tummy tucks and face-lifts.

Is sedation safe?

Yes, Conscious Sedation is a safe alternative to General Anaesthesia in the well trained and correctly equipped doctor's hands.

Who is qualified to perform conscious sedation?

Any General Practitioners or Anaesthetists who have had specific postgraduate training in conscious sedation - postgraduate diploma in Conscious Sedation and Pain Control through

the University of the Western Cape, Society Of Sedation Practitioners Of South Africa (SOSPOSA).

How does conscious sedation differ from general anaesthetic?

Conscious sedation is a partial suppression of consciousness, where a General anaesthetic is total suppression of consciousness. The conscious sedation patients are aware of their surroundings and can respond to questions and other stimuli. The patient will feel relaxed and comfortable and some patients even sleep during the procedure. During conscious sedation patients can be aroused verbally and will respond appropriately.

General anaesthetic is used in procedures where the anaesthesiologist totally suppresses the patients' consciousness and sometimes also manages the patients breathing, etc. Larger dosages of drugs are needed to give a patient a general anaesthetic. A general anaesthetic can only be done in a hospital with the appropriate facilities.

If I am conscious during the procedure, will I feel pain?

No. The goal of sedation is to control anxiety and pain during operations. In most procedures done under conscious sedation the administration of local anaesthetic will effectively block pain. The sedation practitioner will thus give you certain drugs to reduce pain during the procedure as well as drugs that will help with post-operative pain control. This in combination with the administration of the local anaesthetic will give you optimal pain relief during the procedure.

How long does it take to 'wake up' after the procedure?

The recovery time depends on the drugs used, the patients individual response to the drugs and the time spent under sedation. During a conscious sedation your consciousness will never be totally suppressed as with a general anaesthetic – thus the term "conscious sedation". Some patients are sleepier than others and some will even sleep through the procedure. The patient can however be aroused by verbal command or physical stimuli. After the infusion of the drugs has stopped, recovery is swift. In most cases this recovery time is 15 – 30 minutes. You could feel drowsy or light headed for a period after the procedure.

What side effects can occur after a conscious sedation?

The side effects after conscious sedation is much less than with a general anaesthetic. Almost none of the patients experience nausea after the sedation. One of the drugs used during the conscious sedation has a strong anti-nausea effect. The incidence is only 0.7%. Other possible side effects includes: shivering, drowsiness/dizziness, headaches and mild allergy to drugs. Possible Complications: Unintended loss of consciousness.

What can I do for the rest of the day?

You should be able to leave the aftercare after 15 – 45 minutes. You are however not allowed to drive yourself home. You will not be able to leave the doctors' or dentists' rooms if there is not a responsible adult that can drive you home. For the rest of the day you are not allowed to sign any legally binding documents and you are not allowed to take part in any activities that require alertness or coordination (this is for at least 12 hours following treatment). You will not be able to return to work on the same day as the sedation. You should remain in the company of a responsible adult for 12 hours following the sedation.

Will my medical aid fund pay for my sedation?

Most medical aid funds are aware of the financial advantages of conscious sedation and are therefore willing to cover the procedure. However, it is advisable to check with your medical aid beforehand, to find out if they will cover the conscious sedation.