



Minnaar Sedation

Minnaar Sedation (Pty) Ltd
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Pre-operative instructions:

Make sure you understand and carefully follow all instructions:

- If you have any medical conditions, or if you are taking any chronic or acute medication, please inform your sedationist about it. Please complete the medical questionnaire and send it back either by e-mail or fax, at least 48 hours prior to your sedation.
- If you are feeling sick or unwell, please phone your sedationist so that we can decide whether your sedation should be postponed.
- Please wear comfortable clothes with loose sleeves for the sedation.
- No solid food 6 hours before the procedure. You can have clear fluids(e.g. water, apple juice, etc.) 2 hours before the procedure.
- If you are taking any chronic medication, please take this on the day of the sedation. The only exception to this rule is patients with DIABETES MELLITIS. These patients must please phone their sedationist for instructions.
- Please arrive in good time for your appointment (at least 30 minutes beforehand); in some selected cases your doctor/ dentist may feel that you will benefit from pre-medication to reduce anxiety and make you feel relaxed.
- Please empty your bladder before the procedure. Ask your child to urinate 30min prior to the procedure.
- If you wear contact lenses, please bring the container with. We might ask you to remove your lenses.
- Parents / companion may remain with the patient until the sedation is underway and the surgical procedure is about to start, then they will be requested to leave the procedure room.
- Do not take any other pre-medication at home.
- Your sedationist will insert a small intravenous cannula for the administration of sedative drugs. Various forms of topical anaesthetic are used to reduce the discomfort of the needle.
- The following monitoring equipment may be used during the procedure: a pulse monitor clip on one of your fingers, a blood pressure cuff on your arm and perhaps some small patches attached to your chest to monitor your heartbeat.
- You may have a small oxygen mask or a tube placed near your nose for oxygen.

- Before the sedation, all patients (or legal guardian) will declare the following and sign the consent form. This is to ensure that you understand and carefully follow all pre- and post-operative instructions:
1. I understand the nature of Conscious Sedation, the purpose of the procedure and the risks involved. I understand that no guarantee can be given with regards to the results obtained: Conscious sedation entails the administration of sedative and analgesic drugs to induce a reduced level of consciousness to such an extent that normal protective airway reflexes and spontaneous respiration are maintained, and cardiovascular function is unaffected. Conscious Sedation together with regional/local anaesthesia will put me/the patient, in a relaxed state to make minor surgery possible. I understand that it is not a general anaesthetic and that I will not be unconscious, as I will have to respond to orders from the surgeon and/or the sedationist.
 2. Unforeseen complications may arise during sedation that may require additional or different medications or treatment. I authorize the sedationist to treat such complications according to his/her professional judgement:
 - Possible complications: Unintended loss of consciousness
 - Side effects:
 - Headaches (8%)
 - Shivering (6%)
 - Drowsiness / Dizziness
 - Post sedation nausea and vomiting (0.7%)
 - Mild allergy to drugs
 3. I consent to the administration of such sedative drugs as may be considered necessary or advisable by the practitioner responsible for this service.
 4. I accept full and complete responsibility for actual and potential costs associated with conscious sedation. I accept full responsibility for the costs that have been explained to me. I agree to comply with the terms and conditions of payment.
 5. I have had the opportunity to ask questions and I have been given the opportunity of alternative methods of treatment to my satisfaction.
 6. I confirm that I have received written/oral instructions regarding the sedation, which I understand. I will abide by the pre- and post-operative instructions. I have completed a medical history questionnaire and have declared all drugs that I have taken during the last 6 months.
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What to expect for your child:

Your sedationist will give pre-medication to your child 15-30min before the procedure to reduce anxiety. You will enter the consulting/procedure room. While the dentist and his/her assistant distract your child, the doctor will insert a small intravenous cannula in your child's arm. With proper local anaesthesia from the EMLA patch (available at any Pharmacy; ask your pharmacist), your child should not feel the prick of the needle or otherwise experience minimal pain stimulation from the prick. The doctor will then administer the sedative drugs that will make him/her drowsy and calm. Your child will not be aware of the procedure. At this stage the team will ask the parents to leave the room and wait outside while the dentist performs the procedure. Once the procedure is completed, the parents will be allowed into the consulting/procedure room. You can expect your child to be drowsy and slightly confused after the procedure. The drugs being used can make your child emotional, especially once they are awoken. This is not due to pain. You will only be allowed to go home once the doctor is comfortable with your child's state. Remember to place the EMLA patches 1hour30min prior to the procedure on the area as indicated on the diagram below, on BOTH arms.

