

# Conscious Sedation

## University Dental Hospital

### What is 'conscious sedation'?

**Conscious sedation is a technique where a drug, or drugs, are used to make someone feel much less anxious about dental treatment without needing to be put to sleep.**

### Who can have conscious sedation?

Conscious sedation is effective for many people and for many types of treatment. Being put to sleep is used much less for dental care nowadays because sedation is so effective.

- Children who are anxious about dental care
- Young people who are anxious about dental care
- Adults who are anxious about dental care
- Adults having prolonged procedures
- Adults having surgical procedures
- Adults with learning disabilities, movement disorders or who have a medical condition made worse by dental anxiety

### Where does conscious sedation take place?

We work closely with partners in the Community Dental Service and General Dental Practice to ensure your sedation treatment is given in the right place by the right people.

- University Dental Hospital
- Barry Hospital
- St David's Hospital
- Llandough Hospital
- General Dental Service Sedation

### What treatment can I have under sedation?

Many types of dental treatment are possible under conscious sedation. Your dentist will be able to discuss these with you.

### Who gives the sedation?

Sedation can be given by a dentist, a dental therapist or a dental hygienist. Sometimes an anaesthetist will administer the sedation. Our sedation team also has a number of highly trained and experienced dental nurses who support the care of our patients.

### **How do I get to have sedation?**

Please speak with the dentist or other clinician about sedation options if you are in the dental hospital for an assessment or treatment. Alternatively, your dentist or GP can refer to us.