

## Your Sedation Options For Oral Surgery

*Specialist Care by Dr Jesslyn Praganta - Otago Oral Surgery & Implant Centre*

When planning your oral surgery, your comfort and safety are our top priorities. At Otago Oral Surgery & Implant Centre, we offer two sedation options - IV sedation and general anaesthetic (GA) - to help ensure your experience is as pleasant as possible.

### **IV Sedation: A Comfortable & Relaxed Experience**

For many procedures, we use Intravenous (IV) sedation (often called "conscious sedation") at our clinic. For any form of oral surgery, we always administer local anaesthetic to numb the treatment area. Whilst this effectively blocks pain, it does not eliminate sensations like pressure or movement, which some patients find unsettling. This is where IV sedation comes in - making any such sensations more tolerable, ensuring you remain at ease during your procedure.

An intravenous line will be placed to deliver a sedative, which will make you feel relaxed. You will remain semi-awake and able to respond, but kept calm and comfortable throughout your treatment. Patients often have little to no memory of the surgery with IV sedation, which is an ideal option if you have mild-moderate dental anxiety.

Before your appointment, we will review your medical history and provide fasting instructions and other necessary preparations. After your procedure, you will be monitored briefly until you are alert enough to go home, although you might feel a bit groggy for the rest of the day.

### **General Anaesthetic: Complete Loss Of Consciousness For Complex Cases**

In cases where the surgery is more extensive and complete stillness is crucial for safety, or for those who are very dental phobic and feel the entire oral surgery process is overwhelming, general anaesthetic (GA) is a better option. This is performed as a day-stay procedure at Manaaki Theatre, Mercy Hospital. You will be completely unconscious ensuring no awareness or recall of the procedure.

With this option, you will undergo a thorough pre-anaesthetic assessment prior to the procedure and receive detailed instructions about fasting and medication adjustments. In the operating theatre, a dedicated anaesthetic team continuously monitors your vital signs. After your treatment, you will be cared for in a recovery room until you're stable. You may experience grogginess or nausea as you wake up, and this may last for about 24-48 hours. Detailed post-operative care instructions will guide your recovery at home.

## **Which Option Is Right For You?**

If you are undergoing a relatively less invasive procedure and feel that local anaesthetic alone might leave you uncomfortable due to pressure or movement, IV sedation could be the ideal choice. However, if your procedure is more complicated or you are anxious that the entire experience is too overwhelming, general anaesthetic offers the benefit of complete unconsciousness and immobility during your surgery.

	<b>IV Sedation</b>	<b>General Anaesthetic (GA)</b>
<b>Level of Consciousness</b>	Semi-conscious and relaxed; still responsive & maintaining airway	Completely unconscious; no awareness of the procedure
<b>Setting</b>	Outpatient (clinic-based) at Otago Oral Surgery & Implant Centre	Hospital setting Manaaki Day Surgery, Mercy Hospital
<b>Local Anaesthetic Use</b>	Given to numb pain; pressure and movement sensations alleviated by sedation	Also given, but with GA all sensations are absent (unconscious)
<b>Recovery Time</b>	Short; most patients feel normal the next day	Longer recovery period with extended monitoring
<b>Complexity of Procedures</b>	Ideal for shorter, less complex procedures	Suitable for more extensive or complex treatments

### **NOTE - for both IV sedation and General Anaesthetic patients, the following apply:**

- ◆ You must be fasted before the surgery
- ◆ You will need a responsible adult to take you home and stay overnight after the surgery
- ◆ You must not drive or operate machinery/dangerous appliances for 24 hours after surgery
- ◆ Do not drink alcohol until the day after surgery
- ◆ Do not make critical decisions until the day after surgery

For more information or to discuss your specific situation, please don't hesitate to contact us. We look forward to guiding you through a comfortable and stress-free oral surgery experience.