

## Twilight Anaesthesia (Conscious Sedation) - Patient Information Sheet

The following information sheet explains what you need to know before undergoing Twilight Anaesthesia (conscious sedation) for your aesthetic treatment. It gives specific instructions that must be followed before and after your procedure. There will be an opportunity on the day of treatment to discuss the sedation process with your Consultant Anaesthetist before your treatment.

### What is Twilight Anaesthesia (conscious sedation)?

Twilight Anaesthesia (conscious sedation) is a form of anaesthesia that can be controlled so that you are asleep but still able to breathe by yourself. There is no need for intubation as in General Anaesthetic. The aim is to keep you pain free and comfortable.

You will usually have little, if any recollection of the procedure afterwards. Due to the nature of the sedative drugs given, you wake up quicker and with little of the side effects of a general anaesthetic.

The Twilight Anaesthesia sedation technique involves sedative drugs given as an injection into your arm. It is administered by a Consultant Anaesthetist. An Anaesthetist is a medically qualified doctor who undertakes extensive postgraduate training in the field of anaesthetics and sedation. All our anaesthetists are Consultants with years of experience.

### Are there any risks?

There is a small chance that you may become over sedated. To make the procedure as safe and as comfortable for you, the Consultant Anaesthetist is with you throughout. He is constantly adjusting the amount of sedative you receive depending on how you respond.

Occasionally following the procedure, a slight bruise or a small lump may appear at the site of the injection in your hand or arm. This is normally nothing to be concerned about, but should you be concerned or the area is painful please contact the clinic for advice.

### Before your treatment you will need to let us know if you are:

- Diabetic
- Undergoing treatment for a medical condition
- **You must** phone and inform the clinic if you develop a cold or chest problems or if there is any change to your health or medication.

### On the Day of Treatment

- **You must** avoid eating solid food and milky drinks for 6 hours prior to your appointment for sedation. Water, squash and black tea or black coffee can be consumed up to 2 hours before your sedation.
- **You must** take your routine medicines at the usual time, unless advised otherwise, and bring them with you (including inhalers).
- **You must not** wear false nails as a monitor will be placed on your finger.

On arrival at the clinic, the nurse and anaesthetist will ask questions about your medical and previous anaesthetic history. The procedure and sedation technique will be explained to you and any questions or concerns that you may have will be answered.

You will be given oral paracetamol for pain relief and asked to change into a gown. You will then be taken to the procedure room. Monitoring will be attached, and the anaesthetist will insert a small cannula into one of your veins on the back of the hand or arm and commence your sedation.

At the end of the procedure you will be transferred to a recovery room. After 5 minutes or so you will return back to your room. Occasionally, you may be advised to have a pain-killing suppository, diclofenac, at the end of the procedure. If this is the case, consent will be sought beforehand.

You will be able to go home once you have had a drink, something to eat and have been to the bathroom.

### For 24 hours after your treatment

- **You must not** drive.
- **You must not** take a bus or taxi or be unescorted home without a responsible adult.
- **You must not** be driven home as a passenger on a motorcycle or bicycle.
- **Do not** operate machinery (this also means cooking and making hot drinks).
- **Do not** make any important decisions (e.g. sign business or legal documents).
- **Do not** undertake any strenuous activity.
- **Do not** consume alcohol.
- **You must not** be responsible for children