

Introduction

Welcome to FACEMED and thank you for choosing us. This document contains important information about your IV sedation, fasting, and aftercare. Please read it carefully to ensure a safe and smooth procedure.

What is IV Sedation?

IV Sedation (also called conscious or twilight sedation) is not General Anaesthesia. It is a controlled method of reducing anxiety and discomfort during your procedure while keeping you semi-awake.

Sedation has three levels:

- Mild Sedation - You are relaxed but fully awake.
- Moderate Sedation - You may feel drowsy and relaxed but can respond to verbal cues.
- Deep Sedation - You are on the edge of sleep but can still be roused with effort.

During your procedure, you will be given moderate to deep sedation through a constant infusion of medication.

You will not be fully asleep but will be comfortable and unlikely to remember the procedure.

A Consultant Anaesthetist will be with you throughout to monitor your:

- Pulse
- Blood Pressure (BP)
- Oxygen saturation
- Respiratory rate
- End-tidal carbon dioxide
(a measure of your breathing)

The amount of sedation given will be adjusted based on this monitoring to ensure your safety and comfort.

Fasting Instructions

On the day of your procedure

To ensure your safety during sedation, you must follow these fasting instructions:

- Do not eat or drink (apart from water or diluted squash) for 6 hours before your procedure time.
- You may sip small amounts of water up to 2 hours before your procedure.
- Do not consume anything including water in the final 2 hours before your procedure.

If you do not follow these fasting rules, your surgery may be cancelled.

What to Bring and Wear

- Remove all nail varnish or false nails.
- Do not wear contact lenses.
- Leave all jewellery and valuables at home.
- Wear loose, comfortable clothing and slip-on shoes.
- Bring your regular medications with you.
- If having eyelid surgery, sunglasses may be useful.
- Stock up on over-the-counter pain relief.

After the procedure:

Discharge Advice

Due to the drowsiness and impaired judgment caused by sedation, please follow this aftercare advice:

- A responsible adult must take you home; you cannot leave alone or use public transport (except a taxi with your escort).
- Someone must stay with you overnight.
- Do not drive, use machinery, or make important decisions for 24 hours.
- Avoid flying for 24 hours after surgery.
- Rest at home the day after your procedure and refrain from working.

Your Surgery will not go ahead unless we have confirmation that you have an escort to take you home and stay with you afterwards.

If you have any questions, please contact us.

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EMERGENCY

IN CASE OF EMERGENCY PLEASE DIAL 999 AND ATTEND ACCIDENT AND EMERGENCY THIS INCLUDES SUDDEN HIGH TEMPERATURE, BLEEDING, CHEST PAIN AND BREATHLESSNESS.