

A local anaesthetic is used to numb a small part of your body. It is used when nerves can be easily reached by drops, sprays, ointments or injections.

It is used to prevent or relieve pain, but will not put you to sleep.

Sometimes local anaesthetics are uncomfortable so a light sedation may be given to make the procedure less unpleasant.

Local anaesthetic with sedation is a less risky alternative (if appropriate) to having a general anaesthetic.

A drip will be put into a vein in your hand or forearm. A mild sedative drug is injected into a vein to induce a 'sleepy like' state. It makes you feel very relaxed during the procedure. You may remember some or little about what has happened during the procedure.

Prior to coming into hospital for your procedure you will be told by staff when to have your last meal and something to drink. This is to make sure your stomach is empty so that if you vomit during the procedure there will be nothing to go into your lungs.

### **A. What are the risks of sedation?**

Modern sedation is generally very safe but sedation has a risk with side effects and complications. Whilst these are usually temporary, some of them may cause long-term problems.

The risk to you will depend on:

- whether you have any other illness
- personal factors, such as whether you smoke or are overweight.

#### **Common side effects** and complications of sedation anaesthesia

- Headache
- Pain and/or bruising at injection site
- Sore or dry throat and lips
- Faintness or dizziness, especially when you start to move around
- Fall in blood pressure.

#### **Less common side effects** and complications of sedation anaesthesia

- Nausea and vomiting
- Muscle aches and pains
- Weakness

- Mild allergic reaction - itching or rash
- Temporary nerve damage.

#### **Uncommon side effects** and complications from sedation anaesthesia

- Damage to teeth, dental prosthetics and lips
- Allergic reactions and/or asthma
- Damage to nerves and pressure areas
- Epileptic seizure
- An existing medical condition getting worse.

#### **Rare risks of sedation which may cause death**

- Vomit in the lungs (pneumonia)
- Severe allergic reaction or shock
- Permanent nerve damage
- Stroke or heart attack
- Blood clot in the lungs
- Brain damage.

#### **Common side effects** and complications of a local anaesthetic

- Nerve damage - Nerve damage, if it happens, is usually temporary, and will get better over a period of weeks to months. Damage may cause weakness and/or numbness of the body part that the nerve goes to. Permanent nerve damage rarely happens.
- Bruising (haematoma) - If you take Aspirin, Warfarin, Dabigatran, Rivaroxaban, Apixaban, Clopidogrel, Prasugrel, Ticagrelor or Dipyridamole you are more likely to get a haematoma as it may affect your blood clotting. Your doctor will discuss this with you.
- Failure of local anaesthetic - This may require a further injection of anaesthetic or a different method of anaesthesia to be used.

#### **Less common side effects** and complications of a local anaesthetic

- Infection
- Damage to surrounding structures such as blood vessels, nerves and muscles.

#### **Rare Risks** and complications of a local anaesthetic

- Overdose of local anaesthetic
- Seizures
- Cardiac Arrest.

### Increased risks

Risks are increased if:

- you are elderly
- smoke
- are overweight.

and if you have the following:

- A bad cold or flu, asthma or other chest disease
- Diabetes
- Heart disease
- Kidney disease
- High blood pressure
- Other serious medical conditions.

### B. Your responsibilities before having a procedure

You are at less risk of problems from a sedation anaesthetic if you do the following:

Increase your fitness before your procedure to improve your blood circulation and lung health. If you are overweight, reducing your weight will reduce many of the risks of having anaesthetic.

Give up smoking at least 6 weeks before your procedure to give your lungs and heart a chance to improve. Smoking reduces the oxygen in your blood and increases breathing problems during and after an operation.

Bring all your prescribed drugs, those drugs you buy over the counter, herbal remedies and supplements and show your doctor what you are taking. Tell your doctor about any allergies or side effects you may have.

Drink less alcohol as alcohol may alter the affects of anaesthetic drugs. Do not drink any alcohol 24 hours before the procedure.

Stop taking recreational drugs before the procedure as these may affect the anaesthetic. If you have a drug addiction please tell your doctor.

If you take Aspirin, Warfarin, Dabigatran, Rivaroxaban, Apixaban, Clopidogrel, Prasugrel, Ticagrelor or Dipyridamole or any other drug that is used to thin

your blood ask your doctor if you should stop taking it before the procedure as it may affect your blood clotting.

If you are on the contraceptive pill let the doctor know. This adds to the risk of you having a blood clot.

You must tell the doctor of any:

- Health problems
- Infectious diseases
- Past operations
- Serious illnesses
- False teeth, caps, loose teeth or other dental problems
- Any medical problems needing regular treatment or a stay in hospital including diabetes and high blood pressure
- Allergies/intolerances of any type.

### C. Recovery from sedation

After the procedure, nursing staff will watch you closely until you are fully awake. You will then be given something to eat and drink and rest until you have recovered enough to go home.

### D. Things for you to avoid after your procedure

Sedation will affect your judgment for about 24 hours. For your own safety:

- Do NOT drive any type of car, bike or other vehicle.
- Do NOT operate machinery including cooking implements.
- Do NOT make important decisions or sign a legal document.
- Do NOT drink alcohol, take other mind-altering substances, or smoke. They may react with the anaesthetic drugs.
- Have an adult with you on the first night after your procedure.