



Sedation

What is sedation?

‘Sedation’ involves administering medication to help you feel relaxed, calm and slightly drowsy. It is used to make the experience of surgery under local anaesthetic more pleasant for those who require it. If you have sedation, you will probably not remember much of your surgery, although this is not true in all cases.

What is light sedation?

Most patients do not need to be sedated. However, those who do mostly have light sedation. This is a state of relaxation that may include mild drowsiness, but you should be able to be easily roused at all times.

It is important to understand that you will normally be aware, but relaxed, as it is often unhelpful to be too sleepy. You will not be able to see the operation as it happens, and the anaesthetist can give you extra sedation if necessary.

What is deep sedation?

Deep sedation is less common than light sedation. However, for some procedures, the surgeon will want you very sleepy for some part of the

operation. This is usually when they are administering lots of local anaesthetic, which can be uncomfortable. You may be unconscious for a short period.

In most cases where deep sedation is used, the surgeon will want you to wake up during the operation so that you can cooperate with their instructions (e.g. look up, look down). This helps them get the best result possible.

How is sedation given?

The anaesthetist will give the sedation through a drip (i/v cannula) in your hand, and will monitor you throughout the procedure. They will give you more sedation if needed.

Are there any risks with sedation?

All procedures, including sedation, have associated risks. Life-threatening complications can occur, but are extremely rare. You can discuss any specific concerns you may have with your surgeon or anaesthetist.

For more information on your anaesthetic please follow this link:

