

Conscious Sedation safety

Non-anaesthetists, with postgraduate training in sedation, are becoming more involved as leaders in the field of conscious sedation. In this evolution of sedation practice nobody can do this alone. Evidence based studies show that the side effect profile with conscious sedation compared to general anaesthesia is extremely low, in fact almost non-existent. Roelofse compared the side effect profile in 600 sedation cases for dental procedures when using conscious sedation compared to general anaesthesia (to be published). The results are quite interesting.

- 50% of patients having sedation were able to work the following day compared to 14% in the GA group
- 30% in the sedation group were dizzy the next day compared to 50% of patients in the GA group
- 6% in the sedation group had headaches the following day compared to 20% of patients in the GA group
- 6% of patients in the sedation group complained of muscle aches the following day compared to 41% of patients in the GA group
- 2% of patients in the sedation group had sore throats the following day compared to 26% of patients in the GA group
- 2% of patients having sedation had sleep disturbances afterwards compared to 28% of patients who received GA
- 1% of patients in the sedation group vomited the next day compared to 16% of patients in the GA group
- 4% of patients in the sedation group had nausea the next day compared to 45% of the patients in the GA group. Severe nausea was seen in 20% of patients in the GA group compared to 2% in the sedation group
- 99.5% of patients said that they would choose sedation again