

ORAL ANXIOLYSIS

Written by Dr Mark Daniel Atkinson

Surgery in your mouth can be stressful. Oral anxiolysis is a **mild** form of relaxation that usually helps you stay calm. It does not render you unconscious but will make you drowsy. It can reduce anxiety in some people.

Not every patient is suitable for oral anxiolysis due to different factors – medical, patient or surgical factors. Some treatment may be carried out under anxiolysis, but some will require other methods. These other methods to reduce anxiety include relative analgesia with nitrous oxide gas, intravenous sedation administered by a qualified seditionist, or treatment while asleep in a hospital called general anaesthetic under the care of an anaesthetist.

It is advisable that a consult appointment with your surgeon be sought first and your options discussed. This will ensure informed consent prior to any procedure and the most appropriate form of treatment be carried out. An oral anxiolytic may be prescribed if it is suitable.

If an oral anxiolytic is prescribed you must:

- Ensure all consent paperwork and payments are carried out prior
- Take the prescribed medication one (1) hour prior to surgery
- Have someone to escort you to and from the surgery
- Have a chaperone in the room during the treatment if you desire
- Have someone to drive you home
- Not operate heavy machinery including driving your car for 24 hours after surgery
- Not take public transport by yourself for 24 hours after surgery
- Do not drink any alcohol for 24 hours after surgery

There are disadvantages to being prescribed an oral anxiolytic every time you need to see a health professional including addiction and decreased efficacy of the drug. Many myths do circulate and discussion with your surgeon may relieve some of these fears.

If you have any questions, please discuss this with your surgeon.

Dr Mark Daniel Atkinson

06/03/2019