

**VIRGINIA BOARD OF DENTISTRY**  
**Questions and Answers**  
**On**  
**Analgesia, Sedation and Anesthesia Practice**

**WHAT ARE THE REQUIREMENTS FOR MANAGING ANXIOLYSIS?**

- Anxiolysis is addressed in the Regulations Governing the Practice of Dentistry (Regulations) in the definition of minimal sedation in section 18VAC60-21-10(D) and in the provisions for minimal sedation in subsections B, C, E, F, G, H, I, J, and K of section 18VAC60-21-260, and in 18VAC60-21-280.

**DOES PRESCRIBING XANAX FOR PRE-APPOINTMENT USE CONSTITUTE SEDATION PRACTICE?**

- Yes, benzodiazepines such as Xanax and Valium which are prescribed or are administered or dispensed for self-administration to reduce anxiety for dental treatment generally fall within the definition of minimal sedation. Adding nitrous oxide or another drug may induce a deeper level of sedation. It is important to keep in mind that the type and dosage of medication, the method of administration and the individual characteristics of the patient must be considered in deciding the level of sedation being administered. See sections 18VAC60-21-260(G) and 18VAC60-21-280 in the Regulations to review provisions on minimal sedation.

**ARE THERE MODEL FORMS OR TEMPLATES AVAILABLE FOR KEEPING A RECORD OF DRUGS, FOR PERFORMING BIENNIAL INVENTORIES?**

- No, the Board has not adopted model forms.

**HOW SHOULD COMPLETION OF STAFF TRAINING IN EMERGENCY PROCEDURES BE DOCUMENTED?**

- This is guidance for implementing section 18VAC-60-21-260(H) of the Regulations. The employing dentist is responsible for keeping a record of the training provided. The record must include the date of the training, the content of the training, and a list of the staff who participated in the training.

**WHO CAN DISMISS THE PATIENT UNDER SEDATION OR GENERAL ANESTHESIA?**

- When minimal sedation has been administered, the dentist is responsible for discharging the patient. See section 18VAC60- 21-280(G).
- When moderate sedation has been administered, the dentist or the designated licensed professional who administered the drugs or another practitioner qualified to administer the drugs is responsible for assessing and discharging the patient. See sections 18VAC60-21-291(D)(3) and (E).
- When deep sedation or general anesthesia has been administered, the dentist or the designated licensed professional who administered the drugs or another practitioner

qualified to administer the drugs is responsible for assessing and discharging the patient. See sections 18VAC60-21-301(E)(3) and (G).

**WHAT REGULATIONS APPLY WHEN A PATIENT WANTS SEDATION FOR SCALING AND ROOT PLANING TREATMENT BY A DENTAL HYGIENIST? DOES THE DDS WHO HOLDS A MODERATE SEDATION PERMIT HAVE TO STAY IN THE TREATMENT ROOM AFTER PROVIDING THE SEDATION WHILE THE RDH TREATS THE PATIENT?**

- The treatment team for moderate sedation must include the operating dentist. There is no statute or regulation which permits a dental hygienist to treat patients under moderate sedation, deep sedation or general anesthesia with or without a dentist present during treatment. See the staffing requirements in section 18VAC60-21-291(C) and 18VAC60-21-301(D).

**DOES INFORMED CONSENT HAVE TO BE GIVEN PRIOR TO EACH SEDATION ADMINISTRATION OR IF A LONG-STANDING PATIENT, CAN THERE BE A BLANKET SEDATION INFORMED CONSENT?**

- To meet the requirement in 18 VAC 60-21-260(D)(2) and (3), written informed consent must be obtained each time sedation will be administered.