

## **Sedatives**

American pop star, Michael Jackson's death from what is believed to be an improper use of powerful sedative drugs has raised concerns about their safety, although such drugs when used properly, are safe. Sedative drugs are used to reduce post-surgery pains and discomfort by dulling the senses.

Most of these drugs have a calming as well as a hypnotic effect on the user. The amount a patient should take should be determined by his or her age, weight, usual alcohol and sedatives intake and general state of health.

These drugs should be prescribed only by medical professionals and taken in a place equipped with monitors and other relevant equipment as well as resuscitation drugs.

Common side effects from sedative drugs include a slowing in one's breathing and a relaxation of the throat muscles causing a narrowing of the breathing passage. This can be corrected by medical professionals such as anaesthetists.

One should not consume food or water before undergoing sedation, and should be accompanied home afterwards. The patient should also not drive or make complex decisions for at least a day to give the effects of the drug time to wear off.