

## Sedation Dentistry Pre-op Instructions

Our office is equipped and staffed to provide all levels of sedation to help make your dentistry experience easier for you. Intravenous conscious sedation allows you to be very relaxed. Depending upon how the medication acts within you, you may be conscious during your appointment, or you may fall asleep. Either way, you will not remember much of your visit or even your trip home!

### BEFORE

- 1) Do **not** eat solid foods for a minimum of 6 hours prior to your dental appointment. Food in your stomach may cause vomiting during or after the procedure. Clear fluids are permitted without pulp and without caffeine (water, apple juice, chicken broth, etc.) up to 3 hours before.
- 2) No smoking the day of the sedation. Nicotine interferes with your sedation medications. If wearing “the patch” please remove day prior to appointment.
- 3) Take your usual medications with a sip of water. Do **not** take your medications, though, if you are Diabetic or you are taking steroids or you take Aspirin or other Anti-inflammatory medications. Please contact our office if you have any questions.
- 4) Wear short sleeves, comfortable, loose fitting clothing. Flat shoes or sneaker, as you may be unsteady following your visit.
- 5) Please advise our office of any changes in your health such as fever or flu symptoms prior to your appointment.
- 6) You cannot go home alone. Please give our front desk the phone number(s) of the person who will be escorting you home if we need to call him/her.
- 7) You will be required to pay for your appointment and sign any paperwork before you receive sedation. Please come prepared.
- 8) Please remove your contact lenses before attending your appointment.
- 9) Please remove your dark nail polish on one finger, as it may interfere with the monitoring of your vital signs.

### AFTER

- 1) A responsible adult **must** accompany you home. You may be receiving a prescription, for medications, so please ensure that this person is able to fill your prescription, as well.
- 2) You should not drive, or operate heavy machinery or make any important decisions for 12 hours following your sedation visit. Just plan to rest.
- 3) Drink plenty of fluids after your appointment. No alcoholic beverages for 24-hours. You may eat soft foods which are not too high in fat content, immediately following your appointment. Always have food in your stomach prior to taking any antibiotics or pain relieving medications.
- 4) It is normal for you to experience bruising, irritation, or slight tenderness in your injection site(s) in your arm and/or hand area. If this occurs, please alternate a cool compress with a hot compress to help reduce symptoms. Excessive swelling or pain in these areas, however, should be reported to our office immediately.