

Information for patients undergoing treatments under Intravenous Sedation or Oral Sedation

A sedation consists of having medication injected through the veins in the arm (Intravenous) or taking medications by mouth (Oral) to provide relaxation and comfort for a dental procedure. It is very important to carefully follow the instructions below in order to receive dental treatments under sedation.

BEFORE THE APPOINTMENT:

Food and Beverages

- Your **last meal must be at least 6 h prior to the appointment** and should consist of light food. Do not eat red meat or fried food.
- You shouldn't drink alcohol beverage for 24h prior to the procedure

Transportation

- You must be **escorted by an adult** for the entire procedure and this person must stay with you until you get back home.

Medications

- If you need to take medications prescribed by a doctor, take them as written with **water only**.
- Make sure you bring your list of prescribed medications with you on the day of your appointment.
- Do not take any new medications on the day of your surgery without asking your surgeon.

Clothing

- Wearing a T-Shirt is required for the appointment.
- For your comfort, tight clothes are not recommended.
- Please wear flat shoes on the day of the surgery.

Grooming

- Do not wear contacts lenses on the day of the sedation.
- Make sure to **remove your nail polish** on your finger nail.
- Make sure to **shave your beard** as short as possible prior to your appointment.

Change in health status

- If your general health deteriorates (e.g. cough, cold, congestion, fever), contact the clinic in the days before your appointment. If in doubt, contact the clinic for any questions regarding changes in your health.

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The medication used for the sedation will stay in your body for some time after the procedure, even if you feel the effects fading away. For this reason, it is very important to follow the instructions below after receiving a sedation **to prevent complications:**

AFTER THE APPOINTMENT:

Discharge from the office

- You must leave the clinic under the care of a responsible adult who can escort you home.
- A responsible adult will have to stay with you for the rest of the day.

Transportation

- A responsible adult with your health and safety at heart must accompany you to your home by car or taxi.
- A taxi driver cannot be considered as your companion.
- You cannot leave the clinic by public transit.

Food and Beverages

- Do not drink alcohol for 24hrs after the surgery.
- Drink plenty of liquids for adequate hydration such as water or Gatorade.

Medications

- Resume taking your daily medications after the appointment unless advised otherwise by your dentist.
- Start taking your prescribed pain medication before the numbing effect wears off.

Activity restrictions

- Do not operate motorized vehicles, motorized boats, heavy machinery or power tools for **18 hours** or longer if drowsiness or dizziness persists.
- Be careful when changing positions. Dizziness can be induced by standing up, sitting or lying down too fast.
- Recover at home and rest with the head slightly elevated to minimize the swelling.
- Avoid sunbath the day of the sedation.
- Do not sign or enter any legal contract for at least 24hrs.

Problems

- If you have severe pain, heavy bleeding, breathing problems, or any other post-operative problem, it is important to contact the clinic or your surgeon immediately.