

Gentle Dental

INSTRUCTIONS

ORAL SEDATION

Pre-Sedation (ORAL)

You must arrive 1 hour prior to your appointment time for your dentist to administer the oral sedation medication and allow it to take effect.

- **FOOD & BEVERAGES:** On the day of your procedure you may eat a light meal and drink clear fluids leading up to your dental procedure. **Refrain from eating or drinking anything 2 hours prior to your dental procedure.**
- **MEDICATIONS:** It is essential to discuss with your dentist whether or not you should take medication(s) you otherwise take on a regular basis.
- **CLOTHING:** Remove nail polish from at least one fingernail on each hand, wear loose casual clothing (ie. Short sleeve shirt), best to leave jewellery at home.
- **SMOKING:** Refrain from smoking prior to treatment.
- **TRANSPORTATION:** Under no conditions can you drive yourself home. A responsible adult (excluding taxi driver) must accompany you home.
- **CHANGE IN HEALTH STATUS:** If your general health deteriorates (ie. cough, cold, fever, etc.) please contact us immediately at **#604-371-0801**.
- **QUESTIONS:** It is important that you understand the circumstances surrounding this treatment. If you have any questions do not hesitate to contact us.

Post-Sedation (ORAL)

- **24 HOURS:** Following sedation, 24 hours may be required for the full effects of the medication to wear off. During this period, it is essential that you follow these instructions.
- **DISCHARGE FROM OFFICE:** You may be discharged into the care of a responsible adult who can accompany you home and remain with you with the balance of the day/night if drowsiness persists.
- **TRANSPORTATION:** Private automobile transportation from the office is preferred.
- **FOOD & BEVERAGES:** Clear liquids are advised initially, after that, a normal diet should be tolerated. Do not drink alcohol in any form for 24 hours.
- **MEDICATIONS:** Resume normal medications as directed by your dentist after your appointment.
- **ACTIVITY RESTRICTIONS:** Do not operate motor vehicles, boats, power tools, or machinery for 24 hours or longer if drowsiness or dizziness persists. Do not operate an aircraft for at least 48 hours. Do not sign or enter into any legal contracts for minimum 24 hours.
- **QUESTIONS:** If you experience any acute pain, heavy bleeding from the surgical site, respiratory problems, or any other post-operative concerns please contact your dentist, family doctor, or go to the closest emergency department. **You can contact us at #604-371-0801.**