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Pre-sedation patient instructions

ARRIVAL

- Escort **must** accompany you into the building and **remain** in our office for the duration of the appointment
- Bring your health card to your appointment
- Have your escort park on the north side of the building (back of the office) by the handicap parking, as you will be transported by wheelchair to the car after surgery

FOOD AND BEVERAGES

- It is essential that the stomach be empty at the time of the sedation appointment
- No food for 8 hours prior to surgery. Clear fluids (water) can be taken up to 2 hours prior to your appointment. If medication needs to be taken, it may be taken with a small amount of water
- Do not consume alcohol 24 hours prior to surgery

MEDICATIONS

- Discuss with your dentist whether you should continue taking your regular medication or not
- Any prescriptions required as a result of the procedure, will be sent to your pharmacy of choice and available for pickup following the procedure

CLOTHING / CONTACT LENSES / OTHER

- Wear casual, loose fitting clothing to the appointment
- Remove contact lenses prior to the appointment
- Do not wear nail polish

SMOKING

- Refrain from smoking 24 hours prior to surgery

TRANSPORTATION

- Under no circumstances can you drive yourself home (excludes simple Nitrous sedation).
- A responsible adult must pick you up after the appointment and drive you home
- **YOU MUST HAVE AN ADULT STAY WITH YOU FOR A PERIOD OF 24HRS AFTER SURGERY. DO NOT CONSUME ALCOHOL FOR 24HRS AFTER TREATMENT AND NO OPERATING MACHINERY (INCL MOTOR VEHICLES) FOR 24 HRS**

CHANGE IN HEALTH STATUS

If your medical history changes prior to the sedation appointment (eg. Fever, cold, pregnancy) please contact the office to discuss whether it is safe to proceed with the sedation appointment