



SEDATION - Pre-op & Post-op Instructions

Why we recommend sedation:

Our experience has shown that the use of mild oral sedation in conjunction with analgesics and Nitrous Oxide (laughing gas) helps our patients enjoy a very easy post-operative period. The quantity of medication prescribed is based upon your body weight and the length of time needed to perform your treatment.

Pre-Operative Instructions:

- Do not eat or drink **SIX hours** prior to your dental procedure.
- Take the oral sedative **ONE hour** prior to your appointment.
- Any medications that are normally taken should be taken with a sip of water, unless otherwise instructed by the doctor.
- A responsible adult must accompany you to the office, and drive you home after the procedure. This person must be able to drive since you will not be able to drive for at least 18 hours after the sedation. If the escort leaves the office at any time during the procedure, he or she must notify the front desk and provide a cell phone number where they can be reached.
- Loose, comfortable clothes should be worn. Short sleeves are preferred.
- Contacts should not be worn the day of your procedure.
- While taking antibiotics, birth control pills may become ineffective. Extra precautions should be taken if you are prescribed antibiotics.

Post-Operative Instructions:

- Take it easy for the rest of the day. Do not feel alarmed if you are sluggish or disoriented for one of two days after the procedure.
- You must not drive a vehicle or operate machinery for at least 18 hours after your appointment.
- We recommended that you do not consume alcoholic beverages or take any medications that we are unaware of.
- You should not smoke, as the sedation may make you fall asleep while smoking.
- We recommend that you do not climb stairs unaccompanied.
- We recommend that you are not left alone with small children until after the sedation has completely worn off.

Thank you for entrusting us with your care.