



Pre-Operative Instructions for Oral Sedation

- Nothing to eat or drink 8 hours prior to your appointment.
- Please take regular medication (ie. Blood pressure meds, etc) with minimal water intake.
- You **MUST** bring an adult to accompany you and drive you home. You will also need an adult to accompany you **for the remainder of the day after you leave the office**. A legal guardian must accompany minors for the duration of the appointment. **NO EXCEPTIONS!**
- **FOR DIABETICS:** Please have a light meal with your medication as well.
- Wear clothes that are comfortable. **Protective briefs (Depends) will be provided the day of your procedure. For your safety, you will NOT be permitted to use the restroom for the duration of your appointment.**
- Do not take any psychiatric medications the morning of your surgery, unless cleared by the doctor treating you.
- Do not drink any alcoholic beverages or use street drugs before surgery. The drugs in your body may cause a dangerous reaction to the drugs being administered.
- Bring any special prescribed medications including inhalers or angina medications with you to your appointment.
- Take your pre-medication one hour prior to your appointment if indicated.
- Do not wear nail polish, acrylic, or artificial nails. It will interfere with our monitors. Do not wear contact lenses or jewelry to surgery appointment.

Pre-Operative Instructions for IV Sedation

- Nothing to eat or drink 8 hours prior to your appointment.
- You **MUST** bring an adult to accompany you and drive you home. A legal guardian must accompany minors for the duration of the appointment. You will also need an adult to accompany you **for the remainder of the day after you leave the office**. **NO EXCEPTIONS!**
- Wear clothes that are comfortable with short sleeves for easy placement of the blood pressure cuff and ECG monitors. **Protective briefs (Depends) will be provided the day of your procedure. For your safety, you will NOT be permitted to use the restroom for the duration of your appointment.**
- Do not drink any alcoholic beverages or use street drugs before surgery. The drugs in your body may cause a dangerous reaction to the drugs being administered in the IV.
- Bring any special prescribed medications including inhalers or heart medications with you to your appointment.
- Take your pre medication one hour prior to the appointment if indicated.
- Do not wear nail polish, acrylic, or artificial nails. It will interfere with our monitors. Do not wear contact lenses or jewelry to surgery appointment.

DRIVING: The safest practice is that a responsible adult who is physically able to provide assistance should stay with you after your procedure and overnight. A responsible driver must drive you home when you are discharged from our office. No driving for at least 24 hours from the time of discharge.



Post-Operative Instructions (unless instructed otherwise)

What to Expect:

1. You may feel sick to your stomach after anesthesia or sedation or after you take your pain medication.
2. If an IV has been used, The area around the intravenous site on your arm may be sore. The soreness should subside in a few days.
3. A slight fever after anesthesia or sedation is normal. If your temperature is higher than 101 F degrees, call your dentist unless your dentist tells you otherwise.
4. You can take pain medications as ordered by your dentist.
5. You may continue regular medications that you usually take, unless your doctor tells you otherwise.

Driving:

1. **NO DRIVING** for at least 24 hours from the time of discharge.
2. A responsible driver 18 and older must drive you home when you are discharged from our office.
3. The safest practice is that a responsible adult who is physically able to provide assistance should stay with you after your procedure and overnight.

Activities:

1. You may feel dizzy and sleepy after your surgery. When you get home, you should rest. No physical activity is allowed, for example: going for a run or using the treadmill, walking outside, or operating machinery.
2. You may not return to work, or operate machinery or power tools for 24 hours after your procedure.
3. Do not make any important decisions or sign important papers or legal documents for 24 hours after your procedure.
4. Try to avoid social media, and online shopping, as you may not recall.

Diet:

1. If surgery was performed, please follow the POST-OP guide on the surgery sheet.
2. Do not drink alcoholic beverages, including beer and wine. Do not take sleeping pills or any other psychotropic (nerve) medications for 24 hours after procedure. Alcohol and sleeping pills strengthen the effects of anesthesia and sedation that will still be present in your body.