



## **Pre-Oral Sedation Instructions**

**For your safety, ALL of these instructions must be strictly followed prior to commencing sedation. Neglecting any of these items may be cause to cancel that day's treatment.**

**EATING AND DRINKING:** It is imperative that the patient undergoing sedation has an empty stomach. Patients should not have anything to eat or drink for eight (8) hours prior to the appointment.

**CHANGE IN HEALTH:** A change in health, especially the development of a cold or fever with congestion of the nose and/or chest is very important - these may compromise the airway. Please notify the staff of any change in your health. It may be necessary to reschedule the appointment.

**DESIGNATE A DRIVER:** A responsible adult must accompany and provide transportation home after the procedure. It is recommended that they remain in the office during the procedures. Arrange to have a responsible adult with you for at least four to six (4-6) hours after the procedure, to provide care as needed (see transportation form in this packet).

**STREET DRUGS:** The use of 'Street drugs' (marijuana, cocaine, heroin, etc.) is strictly forbidden for several weeks prior to anesthesia and until full recovery is achieved. No smoking or drinking is allowed for eight (8) hours prior to the procedure time. Literature has reported serious and potentially lethal complications when street drugs and anesthetic agents are mixed.

**MEDICATIONS:** Sedative medications must be taken according to the Dentist's instructions. Patient must have NO CHANCE OF PREGNANCY.

## **The day of surgery**

**CLOTHING:** Wear flat shoes and warm comfortable clothes. Do not bring contact lenses or glasses. Leave valuables at home. For children, bring a change of clothing and a small blanket. Dress for comfort and convenience.

**MEDICATION:** Take any of your regular prescription medications as directed, unless otherwise instructed by your dentist or physician.

**ARRIVAL:** Please arrive at the dentist's office at least 10 minutes prior to the appointment time. This will allow you time to use the restroom prior to sedation and treatment. There are times when we will instruct you to arrive an hour prior to appointment if we are having you take your initial sedative medication at the office where we can monitor you closely. Bring a book or magazine for this waiting period if you like.

**AT THE OFFICE:** After a brief examination in the dentist's office, we may decide to give additional medications and/or start you on nitrous oxide inhalation sedation. For optimal safety of all patients, state of the art monitors will be placed to continuously

evaluate the status of the heart and lungs from the beginning of treatment until recovery for discharge. Each sedation is individualized for the specific patient, so the medications administered, dosages and recovery times vary.

**LEAVING THE OFFICE:** Due to the lingering effects of the sedation medications, patients must have a responsible adult to accompany them to their overnight destination. A patient will not be allowed to leave the office by taxi or bus without a responsible adult (see transportation form in this packet).

# At Home/Post-Sedation Instructions

**EATING, DRINKING and SMOKING:** As soon as the patient is able, encourage fluid intake beginning with clear liquids (water, Gatorade, soda, fruit juice and popsicles) and advance as tolerated to a regular diet. Encourage as much liquid intake as tolerated to reduce the occurrence of nausea and/or vomiting, a common side effect of sedation medications. If vomiting occurs, do not become alarmed, this is normal. Wait 1 hour to let the stomach calm down before trying again with water. Keep all liquids and food at room temperature. Hot liquid and food may cause bleeding of surgical sites, cold items may not be tolerated due to pain, but will be helpful if swelling is expected. The patient should not be allowed to sleep for prolonged periods of time without urinating. For adults: NO ALCOHOL and NO SMOKING for the first 12 hours.

**ACTIVITY:** The patient must not drive or engage in moderate to high physical activity for 12 hours or until the effects of the medications have subsided completely. Do not plan to drive a vehicle or operate potentially dangerous equipment for 12 hours after sedation. Since judgment may be impaired during this time as well, the patient should not be allowed to make any critical decisions until fully recovered from the anesthesia. For children, DO NOT allow them to swim, bike ride, skateboard or play with other children until the next day.

**SLEEPINESS:** The patient may be sleepy for a time after sedation. The duration of drowsiness varies with the depth of the sedation and the duration of the treatment. To avoid falling off a bed or sofa, you may want to place a blanket on the floor and allow the patient to sleep there. All post operative patients should ride home in the car in a reclined position and at home sleep on their side supported by a pillow behind their back. This will help to maintain an adequate airway during sleep and if vomiting occurs. The patient's chin should be in an extended position away from the chest. This will also aid in keeping the airway open and facilitate effortless breathing. A responsible adult should arouse the patient every 1-2 hours for the first 4-6 hours after anesthesia to ensure a smooth recovery.

**PAIN or FEVER:** Supplemental oral pain relievers may be provided by your Dentist. Muscle aches, tired jaw muscles, and nausea are common after anesthesia and usually resolve by themselves within 24-36 hours. Encourage deep breathing and coughing to clear lungs of any accumulated secretions. For children: a fever of up to 101 degrees F may develop for the first 12 hours. Tylenol elixir every 3 to 4 hours as directed with plenty of liquids will alleviate this condition.

**OTHER POST OP INSTRUCTIONS:** Depending on your procedures we may have other post op instructions for you.

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**SEEK ADVICE:** If vomiting persists beyond 4 hours, or temperature remains over 101 degrees F for more than 24 hours, contact the Elma Family Dental.

**IF THE PATIENT BECOMES UNRESPONSIVE OR HAS DIFFICULTY BREATHING CALL 911 IMMEDIATELY!**

**IF YOU HAVE ANY QUESTIONS, CALL Elma Family Dental at (360)861-8318**

Patient Name \_\_\_\_\_

Patient Signature \_\_\_\_\_

Date \_\_\_\_\_