

## Oral Sedation Pre Op Instructions

- Wear loose, comfortable clothing with short sleeves or no sleeves to permit ready access to the arms for monitoring (such as blood pressure cuffs).
- Bring a light-weight blanket to the dental office in case you get cold.
- Remove dark nail polish prior to dental treatment if possible.
- Tell the doctor of any changes in your health (including but not limited to new medications, recent surgeries, illnesses, etc.) prior to taking the oral medication.
- Do not consume alcoholic beverages the evening prior to or for 48 hours following dental treatment.
- Expect some “relaxation” to begin 45-60 minutes after taking the oral medication. Do not expect the medication to put you to sleep.
- Take only as many tablets as instructed. If additional tablets were prescribed, bring them with you to the dental office.
- Do not eat 6 hours prior to taking the medication. You may drink a little water to take the medication but keep it minimal.
- All sedation patients must be accompanied to and from the office by a responsible adult. If the procedure is short (1 hour), the responsible adult shall remain in the office. For longer appointments and at the practitioner’s discretion, the responsible adult may leave the office during the appointment and return to assist the patient home. Such parties shall make sure it is ok to leave with the receptionist and leave a cell phone number. For sedation of children and/or dependent minors or the mentally compromised, the parent or guardian shall remain in the office for the entire procedure to assist in any unanticipated decision making. Patients may not permit strangers (such as taxi-drivers) to drive or assist them while under sedation.
- You will need assistance by a responsible adult with walking and using the restroom.
- You should have a responsible adult stay with you for at least 12 hours following the appointment.