



Pre-Oral Sedation Instructions

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

_____ **EATING AND DRINKING:** Patients should not have anything to eat or drink for eight (8) hours prior to the appointment. A small sip of water with morning pill is okay. Eating and drinking before the appointment can cause the sedation to fail.

_____ **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/CAREGIVER:** A responsible adult must accompany and provide transportation home after the procedure. It is recommended that they stay at the office for 15-20 after appointment starts. 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. They also prevent sedation medications from working because of the tolerance your body has built up.

_____ **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, ie: purse, wallets, cell phones, jewelry. Cell phones are a distraction to patients and should be left with your caregiver.

_____ **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. Please take the time to use the restroom when you arrive. Your escort needs to be reachable by cell phone if they leave the office during treatment in case of changes.

_____ **AT THE OFFICE:** We will give additional medications and/or start you on nitrous oxide inhalation sedation when you arrive. For optimal safety, 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 sedation medications, patients must have a responsible adult to escort them home and watch for their safety. A patient will not be allowed to leave the office by taxi or bus without a responsible adult (see transportation form in this packet).



Shelton DENTAL CENTER
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 and/or toast. For adults: NO ALCOHOL and NO SMOKING for the first 12 hours (if no extractions), and 72 hours if patient had extractions done.

ACTIVITY: FOR THE FOLLOWING 12 HOURS the patient is NOT to drive or perform any activities with legal implications or requiring dexterity or alert decision making. This includes:

- Do not drive a motor vehicle
- Do not work with power tools or machinery
- Do not go to work
- Only walk up and down stairs with assistance

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 several hours after sedation. The duration of drowsiness varies with every patient. All post-operative patients should 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.

PAIN or FEVER: Pain medicine may be provided by your Dentist depending on what type of treatment was done. Muscle aches, tired jaw muscles, and nausea are common after anesthesia and usually resolve by themselves within 24-36 hours.

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

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

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

**IF YOU HAVE ANY QUESTIONS, CALL Shelton Dental Center
(360)229-1883 after hours cell phone or (360)426-8401 office**

Patient Name _____

Patient Signature _____ Date _____