

PRE-OP INSTRUCTIONS FOR PATIENTS RECEIVING SEDATION

1. It is critical for you to not eat any food or drink any opaque liquids (for example: milk, orange juice) for at least **six hours** before your appointment. You may drink clear liquids (water) up to **2 hours** before your appointment.
 - If your procedure is in the morning, do not eat or drink anything between bedtime and your scheduled appointment
 - If your procedure is in the afternoon, you can most likely eat a light breakfast early in the morning (at least 6 hours before your appointment)
 - Unless specified by your dentist, all medicines taken on a routine basis should be continued without interruption. If this is within 2 hours of your appointment, please take your medications with a **small sip of water**
 - If your medications were changed or stopped for this appointment, resume your normal dosing after the appointment as specifically recommended by your dentist or prescribing physician
2. A responsible adult, over the age of 18 **must** accompany the patient to the clinic and **remain at the clinic throughout the entire procedure**. Following the sedation, this responsible adult **must** escort the patient home, and a responsible adult should remain with the patient for the rest of the day or until the patient is fully awake.
3. A parent or legal guardian **must** accompany minors (person under the age of 18)
4. For intravenous sedation (IV), patients should wear clothing that is not restricting to the neck or arms. Please wear a short sleeve shirt. If the weather is cool, wear a jacket or sweater that you can remove.
5. We may ask you to remove your contact lenses.
6. Following the sedation, patients should refrain from driving an automobile or engaging in any activity that requires alertness until the next day or until fully alert. Avoid alcoholic beverages until the next day.

POST-OP INSTRUCTIONS FOR PATIENTS RECEIVING SEDATION

1. For the first 24-48 hours, you should REST. Patients who have had sedation should refrain from driving an automobile or operating heavy machinery, signing important documents, or engaging in any task that requires mental and physical alertness for the next 24 hours.
2. Make sure to drink plenty of water and stay hydrated during your recovery.
3. If you experience nausea or vomiting after you are released from the clinic, call Garden Ridge Center for Dentistry immediately.
4. Take all medications as instructed by your dentist.
 - If you were prescribed antibiotics, take the full dose as prescribed. If you develop an adverse reaction, contact your dentist immediately.
 - The medications taken on a routine basis should be continued without interruption, unless specified by your dentist or prescribing physician.
 - If you were prescribed opioids, know that the decision to take prescription opioids is your choice. Prescription opioids can be used to help relieve moderate to severe pain when recovering from a surgery. Opioid use can have a number of side effects such as: Nausea, vomiting or dry mouth, sleepiness and dizziness, confusion, depression, itching, sweating, constipation, addiction, slowed breathing and even death if taken inappropriately.
5. For the next 72 hours, report the following to Garden Ridge Center for Dentistry:
 - Fever over 101 degrees
 - Pain or swelling that increases after the 2nd day