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## **Pre-Operative Advice and Instructions for Patients who are Scheduled for Intravenous Sedation or Oral Sedation**

TO BE READ CAREFULLY BY THE PATIENT, PARENT, AND/OR GUARDIAN

1. To reduce the chance of nausea, do not eat or drink anything (including water) for at least six hours prior to your appointment.

a. If your surgery is in the morning, do not eat or drink anything between bedtime and your scheduled appointment.

b. If your surgery is in the afternoon, a light breakfast at least six hours prior to your scheduled surgery is encouraged.

c. Unless specified by your dentist, all medicines taken on a routine basis should be continued without interruption. Please swallow with a minimum of water.

2. A responsible adult, over 18 years of age, should accompany you to the office and remain with you throughout the entire procedure. Following IV conscious sedation, a responsible adult should remain with you for the next 24 hours.

3. You **MUST** have someone who will drive you home. No buses or taxis are permitted.

4. Minors (persons under the age of 18 years) must be accompanied by a parent or legal guardian.

5. When receiving intravenous conscious sedation, you should wear clothing which is not restrictive to the chest, neck or arms. You should wear loose-fitting tops on which the sleeves can be rolled up to the shoulder. Leave all rings and jewelry at home. Wear minimal make-up. **LEAVE NAIL POLISH OFF YOUR INDEX FINGER** so we can monitor your oxygen level. Please visit the restroom immediately before your appointment.

6. Contact lenses must be removed prior to IV conscious sedation.

7. Following the IV conscious sedation, you should refrain from driving an automobile or engaging in any activity that requires alertness for the next 24 hours.

8. Intravenous (IV) conscious sedation when combined with local anesthetic injection is designed to provide a pain-free, relaxed, drowsy state for you, the patient. In addition, many people have little or no memory of the procedure itself. The medications will be given through a small IV catheter, which will be started in your hand or arm. Oxygen and possibly nitrous oxide



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will also be administered. Throughout the procedure, your blood pressure, heart rate, oxygen saturation, and level of sedation will be monitored.