



Conscious Sedation

Preoperative instructions:

Your comfort and care is our primary focus. It is our intent to have a relaxing and successful sedation appointment with you. To insure this procedure is comfortable and successful, the following instructions must be followed:

- No food or drink for 6-8 hours prior to your sedation appointment, meaning no food or drink except for clear liquids like water up to 2 hours before appointment.
- Please take one tablet by mouth 1 hour prior to your appointment.
- Please wear a short sleeved / loose shirt to allow for the monitoring of your blood pressure during your appointment.
- No contact lenses during your sedation appointment.
- No driving or operating hazardous devices after your sedation appointment. You will require a responsible person to bring you, take you home and remain with you for 12 hours until you have recovered from the sedation.
- No sedatives for 24 hours before and 12 hours after your sedation appointment (eg. alcohol, sleeping pills, etc.)
- No stimulants for 12 hours before and 12 hours after your sedation appointment (eg. caffeine, nicotine, etc.)
- No herbal medications or treatments for 72 hours before your sedation appointment unless previously discussed with your doctor. These medications may counteract the effect of the sedation medication.
- No stairs without assistance or heavy lifting until completely recovered.
- No important decisions (no work) for 24 hours after your sedation appointment.
- Please remember to drink lots of water for at least 12 hours after your sedation appointment. Unless specified by your dentist, take all of your routine medications as you would normally take them. If medications were stopped or altered for this appointment, resume your normal dosing after the appointment or as specifically recommended by your dentist.