



Instructions for Sedation Patients

PLEASE READ THESE INSTRUCTIONS CAREFULLY. Conscious sedation techniques such as Nitrous Oxide and intravenous (IV) sedation are often used for long dental appointments such as those necessary for some periodontal procedures. They also help to relax those individuals who may be apprehensive about dental treatment. The medications used for your sedation will not put you to sleep, but will only make you relaxed and give you a feeling of well being. Vital to the success of conscious sedation, and to your safety and comfort, is your cooperation in following a few simple instructions prior to and following your dental appointment.

Your stomach must be **empty** by the time of your appointment, therefore, you should not eat or drink twelve hours before your appointment. You can have a **small** quantity of water if you need to take oral medications.

If you are to receive Nitrous Oxide, you will be completely recovered from its effects very shortly after your dental procedure. You therefore may resume normal activities (including driving) immediately thereafter, although your dentist will have specific post-operative instructions regarding the treatment he has performed for you.

If you are to receive IV sedation, you will need to take the rest of the day off. The effects of IV medications last all day and the following instructions must be followed:

- 1) Wear loose-fitting clothes, including an open neck and short sleeves.
- 2) Do not wear acrylic fingernails or nail polish on your fingers.
- 3) Do not wear pantyhose, knee high stockings or apply lotion to legs the day of surgery.
(We will need to apply an electrode to one leg for ECG monitoring.)
- 4) You must have a responsible person to escort you home by car and stay with you for a few hours.
- 5) Do not drive a car or operate any potentially hazardous machinery or appliances for the remainder of the day.
- 6) Do not be responsible for small children after your appointment.
- 7) Defer any responsible or complicated task, or any decisions requiring fine judgment, for the remainder of the day.
- 8) Refrain from drinking any alcoholic beverages for 24 hours before or after your appointment.

I have read and understand these instructions and will comply with them.

Patient or Legal Guardian's Signature

Date

Witness' Signature

Date

Doctor's Signature

Date