

## ORAL SEDATION INSTRUCTIONS

### **Pre-operative Instructions:**

- You will need a reliable driver to drive you to and from your appointment. Please be ready to share your driver's name and contact such as phone number when you arrive to your visit.
- Do not eat 8 hours prior to your scheduled visit.
- Do not drink anything (other than small amounts of water) 6 hours prior to your visit
- Stop drinking water 2 hour prior to your visit. You may sip a small amount to take your oral sedation pill.
- If given a sedative (pill) to be taken the night prior to your procedure, please take it one hour prior to bedtime and ensure you are getting a restful 8 hours of sleep.
- The day of your surgery ensure you are dressed in loose comfortable clothing and preferably closed toe shoes and socks (it can be cold!).
- Take your oral sedative pill one hour prior to your appointment.
- You may be drowsy and susceptible to losing your balance. Ensure your driver can assist you inside the office.

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For your safety, we will be utilizing a wheelchair to assist you to your car after the procedure.

### **Post-operative Instructions:**

- Do not drive or operate machinery the first 24 hours following the procedure as oral sedatives may impair one's judgement
- Take the rest of the day off. Minimize activities as you may be drowsy under the influence of the sedatives for the rest of the day.
- You may eat as soon as the anesthetic wears off. You may drink fluids anytime after the procedure.
- Please follow the post-operative instructions.