

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 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 procedure, take your oral sedative pill one hour prior to your appointment.** If more than one pill was prescribed, bring remaining pill to your appointment.
- The day of your surgery ensure you are dressed in loose comfortable clothing and preferably closed toe shoes and socks (it can be cold!).
- You may be drowsy and susceptible to losing your balance. Ensure your driver can assist you inside the office.
- For your safety, we may be utilizing a wheelchair to assist you.

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 post-operative instructions given to you.