

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 or any other prescribed medication as discussed with your doctor.
- 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. If the additional pill is deemed not necessary for the appropriate level of sedation, it will be properly disposed by your doctor.
- **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 to and from your appointment.
- For your safety, we may be utilizing a wheelchair to assist you.
- **IMPORTANT:** The informed consent form handed to you must be carefully reviewed and signed **before taking any prescribed oral sedative medication.** Failure to sign the form prior to medication administration will result in cancellation of your procedure and be subject to the practice's cancellation fee policy.

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. Refrain from consuming alcohol for a minimum of 24 hours post sedation.
- Please follow post-operative instructions given to you.