

## **INSTRUCTIONS FOR PATIENTS WHO WILL BE RECEIVING ORAL / INTRAVENOUS / DEEP SEDATION OR GENERAL ANESTHETIC**

**PLEASE ARRIVE 60 MINUTES PRIOR TO YOUR APPOINTMENT.  
SEDATION FEES ARE TO BE PAID PRIOR TO THE APPOINTMENT DATE**

Your appointment is booked for: \_\_\_\_\_

**We will call to confirm 1 week in advance. Please respond to secure your appointment.**

### **BEFORE YOUR APPOINTMENT**

1. Do **NOT** eat any food after midnight the night before your appointment. Eat a snack before midnight. You may have clear fluids (such as water or clear apple juice but **NOT** milk, coffee, orange juice, etc.) up to **3** hours before your appointment. Nursing children may have breast milk up to 4 hours prior to their appointment. Do not drink any alcohol prior to your appointment.
2. Unless advised otherwise, you **MUST** take your usual medications at the regularly scheduled times, with a sip of water.
3. Do not wear any facial makeup, **nail polish** or jewelry (including nose or tongue piercings). Remove contact lenses and wear comfortable, loose fitting clothing and shoes and a **short-sleeved shirt**. Female patients should wear slacks.
4. Refrain from smoking prior to treatment.
5. If your general health deteriorates, (e.g. cold, cough, fever, etc) contact the dental office prior to the day of your appointment. If in doubt, please call the office to discuss the change in your health status.
6. Make sure that you have used the washroom **PRIOR** to your appointment.

### **FOLLOWING YOUR APPOINTMENT**

1. Under no circumstances may you drive yourself home. You **MUST** be discharged into the care of a responsible adult who can accompany you home and remain with you for the balance of the day and during the night. Public transportation is not recommended.
2. **For the safety of children under 12 yrs of age, two responsible adults must be available to transport your child home after the appointment.** One as a driver and another to tend to your child in the back seat. The child must remain at home for the remainder of the day under adult supervision at all times.
3. You must **NOT** drive a car or operate machinery for at least 24 hours. You may be drowsy for the remainder of the day and should be recovering at home in the care of a responsible adult until you are fully alert. If you have small children please arrange for their care.
4. Try to take liquids as soon as you feel ready. If liquids are tolerated, proceed with solid food in moderation.
5. Do **NOT** drink alcoholic beverages for the remainder of the day.