



Redcliff Family Dental Oral Sedation Preoperative and Postoperative Instructions for Patients

Oral sedation is the use of particular medications in order to make you calm and relaxed for a dental procedure, but not completely asleep. These instructions must be read and strictly followed prior to commencing with oral sedation for your dental procedure.

PREOPERATIVE INSTRUCTIONS: PLEASE CAREFULLY READ TO PREPARE FOR YOUR APPOINTMENT DAY:

- Please inform us of any changes in medical health or medications.
- Please do not take any sedative medication within 24 hours of your appointment (i.e. Benadryl/Gravol).
- If antibiotic pre-medication is needed, please take it 60 minutes prior to the appointment with a small sip of water.
- Wear comfortable, **short-sleeve clothing**. This provides us access for placement of a blood pressure cuff.
- DO NOT wear nail polish, shellac, or acrylic nails. We must place a monitor on your finger or else it will not work.

IMPORTANT!! PLEASE FOLLOW THE GUIDELINES FOR FASTING ON THE DAY OF YOUR APPOINTMENT!

You must fast for a minimum of 6 hours from a light meal, and a minimum of 2 hours from clear fluids before your appointment time (see chart below). Appointments will be rescheduled if these guidelines are not followed, and Redcliff Family Dental reserves the right to charge a **CANCELLATION CHARGE OF \$150.**

Minimum fasting period	Amount and type of food ingested
8 hours	Heavy meal (i.e., meat, fried or fatty foods)
6 hours	Light meal (easy-digested carbohydrate, low protein, low fat) (i.e., toast and a clear fluid, noodles in a clear broth) After ingestion of non-human milk After ingestion of infant formula
2 hours	After ingestion of clear fluids (i.e., water, fruit juice without pulp, black coffee)

POSTOPERATIVE INSTRUCTIONS: FOLLOWING THE SEDATION APPOINTMENT:

- The patient should go directly home and rest with supervision. The duration of drowsiness varies with the depth of sedation and the duration of the treatment. All postoperative patients should ride home in the car in a reclined position and at home sleep on their side supported by a pillow behind their back. This will help to maintain an adequate airway during sleep and if vomiting occurs. A responsible person should be with the patient until he/she has fully recovered from the effects of sedation. Please remove any gauze in the patient's mouth prior to the patient falling asleep.
- The patient may seem alert when he/she leaves. This may be misleading, so **do not leave the patient alone**. The sedation medication may affect judgment and coordination for 24 hours following treatment. It is imperative the patient does not make any critical decisions until fully recovered from anesthesia. **The patient must not drive a car or operate dangerous equipment for at least 18 hours after oral sedation.**
- Always hold the patient's arm when walking. The patient should not go up and down stairs unattended.
- As soon as the patient is able, please encourage fluid intake. This will reduce the occurrence of nausea and/or vomiting, a common side effect of sedation medications. A soft food diet is recommended for the rest of the day.
- No sedatives or stimulants should be taken for the rest of the day (including alcohol, caffeine or nicotine).
- Please provide us with a phone number where we can reach the patient and their care provider later that day to check on the progress of recovery and to answer any questions you may have.

IF THE PATIENT BECOMES UNRESPONSIVE OR HAS DIFFICULTY BREATHING CALL 911 IMMEDIATELY! IF YOU HAVE ANY QUESTIONS, PLEASE CALL REDCLIFF FAMILY DENTAL (403) 548-7074.

Please notify us in the event of:

- Any unexpected admission to a hospital within 10 days of treatment at the dental office.
- The transfer of the patient to another care provider, a Non-Hospital Surgical Facility, Dental Surgical Facility, medical facility or hospital within 10 days of the sedation for emergency treatment.
- Unexpected treatment by another care provider, a Non-Hospital Surgical Facility, Dental Surgical Facility, medical facility or hospital within 10 days of the sedation procedure.

Patient's Name and Signature

Date

Dentist's Name and Signature