



## **Pre- Sedation Instructions**

### **ESCORT:**

It is essential that a responsible adult be able to drive you home and care for you for at least 6 hours once you have been discharged from the surgery.

It is preferable that your designated responsible adult accompanies you for your appointment and that you travel home in a car, a motorcycle is not an appropriate mode of transport.

### **Food and Drink:**

2 hours before your dental surgery a small light portion of food should be eaten. e.g. if your appointment is at 9 am then please eat a small portion of toast, or a banana no later than 7am.

After the 2-hour time cut off only small sips of water may be consumed. Please do not eat anything.

No heavy meals are to be taken on the day, please avoid fruit juices and fizzy drinks.

### **Clothing:**

Wear sensible clothing. Access to your upper arm and elbow area is required throughout your appointment, please make sure any sleeves can be easily rolled up and that they will be loose on your arm.

Please avoid high heels. Please remove dark nail polish from your index fingers.

Most people get chilly during a sedation appointment so please come with layers of clothing and a coat in winter to wear home.

### **Medication:**

Unless specifically directed by your doctor or dentist please take any routine medication at the normal time that you would normally take them.

## **POST SEDATION INSTRUCTIONS:**

DO NOT DRIVE or cycle for 24 hours following a sedation appointment. This is a legal requirement. Your insurance will be null and void if you have an accident and the police can now test roadside for drug use, the sedative used will be detectable. (Pilots and train drivers must notify their employers that they are having a sedation and adhere to the company rules)

DO NOT DRINK ALCOHOL for 24 hours post operatively.

DO NOT WORK for 8 hours after the sedation appointment even at home. The sedative effects your judgement and memory.

DO NOT operate machinery that may cause an injury to yourself for 4 hours.

Go home immediately and REST for the first 4 hours. Please take the rest of the day easy.

Prior to discharge your vital signs will have been monitored and recorded, you will have been assessed as suitable to continue to recover at home. You will be discharged on the understanding that you will rest.

Each surgeon has their own specific post-operative surgical instructions.

Generally, you will need to be very careful and do as little as possible e.g. no eating or drinking for the first 2 hours on returning home.

If you are very hungry then I recommend you gently eat a cold yoghurt or smoothie preferably wait for 2 hours.

Once the numbness has worn off it is safer to eat and drink, avoid hot food and hot drinks, ensuring you take small sips only.

Please ensure you have appropriate pain relief ready to take at home your dental surgeon will advise you.

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