



SEDATION INSTRUCTIONS

A few friendly reminders for your upcoming **nitrous oxide** sedation appointment [**with or without oral sedation**]:

- On the day of your appointment it is best if you wear loose, comfortable clothing and if possible, short sleeves to allow for the placement of safety monitoring equipment such as a blood pressure cuff
- Please remove any nail polish
- Please remember not to eat anything for 4 hours prior to your dental appointment. Clear liquids (i.e. water, apple juice) can be consumed up to one hour before
 - Having food too close to your appointment can increase the chances of nausea and vomiting
- Do not take drugs or alcohol for 72 hours prior to your appointment
 - Daily medications can still be taken as instructed by your doctor. However, please inform the dentist if you take any sedatives on a daily basis for anxiety
- Please let us know if you develop nasal congestion, for instance, due to a cold, acute allergies, or a respiratory condition as this may result in the need to postpone your nitrous oxide appointment. You must be able to breathe in and exhale out of just your nose for the sedation to be effective
- Patients receiving only nitrous oxide sedation may drive themselves
- For patients being treated with both **nitrous oxide and an oral sedative**
 - You must be accompanied by a responsible adult to your appointment to ensure your well-being
 - You must not operate a motor vehicle, make important decisions, or consume alcohol for a period of 24 hours after your appointment
 - If you are taking the oral sedative in office prior to your appointment, you will be expected to arrive 1 hour before your scheduled appointment

A few friendly reminders for your upcoming **oral sedation only** appointment:

- On the day of your appointment it is best if you wear loose, comfortable clothing and if possible, short sleeves to allow for the placement of safety monitoring equipment such as a blood pressure cuff
- Please remove any nail polish
- Do not take drugs or alcohol for 72 hours prior to your appointment
 - Daily medications can still be taken as instructed by your doctor. However, please inform the dentist if you take any sedatives on a daily basis for anxiety
- You must be accompanied by a responsible adult to your appointment to ensure your well-being
- You must not operate a motor vehicle, make important decisions, or consume alcohol for a period of 24 hours after your appointment
- If you are taking the oral sedative in office prior to your appointment, you will be expected to arrive 1 hour before your scheduled appointment

***Please inform the office, in advance, if you change your mind about having sedation used during your appointment.**