

INSTRUCTIONS FOR PATIENTS RECEIVING ORAL SEDATION

You will be receiving medication to sedate you and to make your dental procedure more pleasant. You will be always conscious. Please adhere to the following instructions.

Before your appointment

- Please arrive at least 1 hour before your appointment to allow for the medication to work
- Continue to take your regular medications at the regularly prescribed time. If there is any change in your medication, please advise your dentist.
- Do not eat or drink for 2 hours prior to your appointment
- Wear loose, comfortable clothing. Avoid makeup including lipstick, nail polish etc.
- Avoid alcohol the day before and the day of the procedure
- If you have an illness (cold, flu, cough) on the day before your procedure, please call (902) 463 5771 to discuss with your dentist
- Please arrange to have someone pick you from the clinic and drop you back to your home.

During the procedure

- You are awake during the procedure and are responsive to verbal and visual cues
- You will likely experience relaxation, tiredness and anxiety reduction
- Your dentist will go over the post-operative instruction with you in presence of your companion

Following your appointment

- You can only be discharged from the clinic with the presence of a responsible person of at least 16 years of age
- 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
- Avoid heavy strenuous activity and follow the post-operative instructions provided
- Do not travel by public transit alone
- Do not drink alcoholic beverages or make important decisions for 24 hours
- Amnesia or lack of memory of the dental procedure is a common effect of the drug.
- You should have recovered in 24 hours of the medication

If you have any concerns about your procedure or have any follow up questions, please call us at (902) 463 5771.