

## IV Conscious Sedation – Patient Instructions

### Before the Sedation Appointment:

Please tell us of ANY drugs you are taking (including recreational drugs and alcohol – this information is important and confidential) and medical problems. This is very important – failure to notify us of your drug usage may make your sedation unpredictable or ineffective when it is used with certain drugs or medical conditions.

- Refrain from any food or drink after midnight (minimum of 6 hours) prior to the morning appointment time
- Please be accompanied by a responsible adult
- Wear a short sleeve shirt and leave arms easily accessible
- If you wear contact lenses, please remove them prior to appointment
- Do NOT wear nail polish or anything on your nails that blocks light
- Please go to the bathroom prior to your appointment

### Immediately after the procedure:

- 1) Please go straight home; no shopping or sightseeing after the procedure
- 2) On the car ride home, some patients feel slightly nauseous after the procedure, so please recline the seat and have a container/towels handy to spit into if necessary
- 3) Please have some fluids, water or diluted juice (half juice/half water), available for the car ride home. Most people feel sick due to hunger or dehydration.
- 4) Make sure you take your prescribed pain relief and /or antibiotics within 1-2 hours of leaving the surgery, with 1-2 cups of yogurt/ice cream (not on an empty stomach). The local anesthetic or numbness will begin to wear off within 2-4 hours.
- 5) Please ensure that you EAT ENOUGH FOOD the day of, and after the surgery. This means 1-2 cups of very soft foods - ice cream/yogurt/mashed potatoes/scrambled eggs every 2-3 hours. It is NOT enough to just drink water and juice; this will increase the chance of feeling sick after the procedure.
- 6) Please call us if you are concerned about anything. Please remember that there may be some bleeding/excessive saliva for the next 24 hours, it is best for to spit it out rather than swallow it.

### After the Sedation Appointment:

You may not fully be aware until its effects have completely worn off. You should **NOT** do any responsible activities and you should find a responsible adult friend, family member, or acquaintance to look after you. This is for your safety; you need someone to come with you to your appointment, drive you home, and look after you once the sedation has been given. The effects of the drugs take 2 to 4 hours to wear off so it is suggested that you have a responsible adult present with you after sedation for at least 4 hours.

Please understand that your safety and comfort are of utmost importance to us. The details above should help you to achieve that. Please do not hesitate to ask us any questions.