

IV PRE-SEDATION PATIENT INSTRUCTIONS

For the safe treatment of the patient, the following pre-sedation instructions must be followed very carefully

Food and Beverages

- Nothing to eat for 8 hours prior to dental procedure, you are encouraged to drink clear liquids up until 2 hours before your surgery. Examples of liquids to drink include: water, apple juice, tea or black coffee. **DO NOT ADD ANY milk, cream or additives to your coffee or tea.**
- Stop drinking clear fluids two (2) hours prior to dental procedure.
- Do not consume any alcohol for 24 hours prior to surgery

Medications

- If you take medications in the morning on a regular basis – Please take them 3 (three) hours prior to your appointment. It is essential to discuss with the dentist prior to stopping any regular medication.
- **Type 1 diabetics:** We will require a medical clearance letter from your family physician regarding your medication, bring your finger prick device & strips to the appointment, and we will test and record your pre-op blood sugars.
- **Type 2 diabetics:** Morning of your appt do not take your diabetic meds unless it is insulin. Bring your finger prick device & strips to the appointment, and we will test and record your pre-op blood sugars.

Clothing

- Remove nail polish from at least one fingernail on each hand
- Wear loose, comfortable clothing and short sleeves to allow the placement of the safety monitoring equipment. A blood pressure cuff will be placed on your arm above your elbow so please ensure that area is easily accessible.
- Best to leave jewelry at home
- Bring a blanket to your appointment to keep you warm throughout

Smoking

- Refrain from smoking 2 days prior to treatment, and 14 days after treatment

Transportation

- Under no conditions can you drive yourself home. A responsible adult with a vested interest in your safety must accompany you home. A taxi driver or similar service does not count as your escort.
- We will ask that your ride be in the parking lot waiting for you 30 mins prior to the end of your appointment.

Change in health status

- If your general health deteriorates (e.g., cold, cough, fever, etc.) contact the program coordinator prior to the day of the appointment.
- If in doubt, please phone to report the change in your health status.