



Dr. Hassan Mostafa B.Sc., DDS  
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### **INSTRUCTION FOR PATIENTS WHO WILL BE RECEIVING I.V SEDATION**

I.V sedation is a form of conscious sedation used to reduce anxiety and allow patients to receive dental treatment more comfortably. Conscious sedation has limitations and risks. Absolute success cannot be guaranteed. Conscious sedation is a drug induced state of reduced awareness and decreased ability to respond. **THIS IS NOT SLEEP GENERAL ANESTHESIA.** You will be able to respond during the procedure.

#### **Food and Beverages:**

- Nothing to eat or drink for 8 hours prior to the dental procedure apart from water and clear fluids.
- Stop drinking clear fluids for 2 hours prior to the dental procedure.

#### **Medications:**

- It is essential to discuss with your dentist whether you should take medication(s) you otherwise take daily.
- You will be prescribed medications by the dentist; it is essential that you take these as directed on the bottle.

#### **Clothing:**

- Remove nail polish or fake nails from at least one fingernail on each hand.
- Wear loose casual clothing for your appointment (e.g., short sleeve t-shirt).
- Please remove all jewelry prior to coming to the office.

#### **Smoking:**

- Refrain from smoking prior to treatment. (Vaping, cigarettes, and marijuana)

#### **Transportation:**

- Under no circumstances can you drive yourself home. A responsible adult (no taxi's or uber) must accompany you home.

#### **Change in Health Status:**

If your general health deteriorates prior to the day of the appointment, please contact Melanie at 519-471-3683.

If in doubt, please phone to report the change in your health status. If you have any questions, please do not hesitate to ask them. It is important that you understand the circumstances surrounding this treatment.

**Please arrive 15 minutes before your scheduled appointment time.**

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### **Post Operative Instructions for Patients who Received I.V Sedation**

Following sedation, 24 hours may be required for the full effects of the drugs to wear off. During this period, it is essential that you follow these instructions.

#### **Discharge from Office:**

- The patient must be discharged into the care of a responsible adult who can accompany them home.
- Arrangements should be made to have a responsible adult remain with the patient for the duration of the day/night if drowsiness persists.

#### **Transportation from Office:**

- You must be taken home in a private automobile. Uber or a Taxi service is not permitted.

#### **Food and Beverages:**

- Clear liquids are advised initially, after that, diet as tolerated.
- Start with light foods before resuming regular diet.
- **Do Not** drink alcohol in any form for 24 hours. This includes smoking Marijuana.

#### **Medications:**

- Resume normal medication as directed by your dentist after appointment.

#### **Activity Restrictions:**

- **Do not operate motor vehicles, boats, power tools or machinery for 24 hours, or longer if drowsiness or dizziness persists.**
- Due to lingering impairment, it is best to avoid social media and important decisions for the remainder of the day.
- Do not sign or enter information regarding any legal contract for at least 24 hours.

#### **Problems:**

- If you experience any severe pain, heavy bleeding from the surgical site, respiratory problems, or any other post operative problems of concern, contact our office at 519-471-3683. After hours, Dr. Mostafa may be reached on his cell phone at 519-476-9334.

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