

INSTRUCTIONS FOR PATIENTS WHO WILL BE RECEIVING GENERAL ANESTHIA SEDATION

Please be advised that these instructions are provided for your own safety. If the instructions are not followed and adhered to your procedure may need to be cancelled.

If a medical preoperative evaluation is required, please be sure to bring the evaluation to your appointment AND have your medical doctor fax/email it to our office upon completion so our doctors can review it in advance.

Food and Beverages:

- For morning appointments, nothing to eat or drink after midnight.
- For afternoon appointments nothing for 8 hours prior to the dental procedure.
- For morning and afternoon appointments drink 2 large glasses of clear fluid (water, Gatorade, apple juice, ginger ale) 2 hours prior to your appointment time. This facilitates plumped up veins and IV insertion. The 2 hours prior allows the fluid to be cleared from your stomach to help prevent nauseousness' and/or vomiting.
- Stop drinking clear fluids for 2 hours prior to the dental procedure.

- 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.
- It is imperative the patient does not use any marijuana, gummies, CBD oil or other recreational drugs for 2 weeks prior to their procedure. Using these drugs will jeopardize your safety as these drugs negatively interact with the sedation medications.
- Failure to cooperate with refraining from recreational drug use will result in cancellation of your appointment and a fee charge to you for noncompliance.
- Do not take aspirin within 10 days of your appointment, Tylenol is ok.

Clothing:

- Remove nail polish or acrylic nails.
- Wear loose casual clothing for your appointment with short sleeves for blood pressure monitoring. A cardigan or sweatshirt can be worn over the top so long as it is able to open completely at the front.
- Please remove all jewelry, earrings, necklaces, rings prior to coming to the office including all body piercings such as tongue, lip, and eyebrow piercings.
- Do not wear make-up to the appointment.
- Do not wear flip flops or slides, only comfortable flat shoes as the patient will be unsteady after the appointment.

Transportation:

- Under no circumstances can you drive yourself home. A responsible adult (no taxi's or uber) must accompany you home.
- You will not be able to operate a motor vehicle for 24 hours following your sedation.
- Have your adult driver companion drive you to the office and remain at the office for the duration of the procedure. The length of your appointment varies depending on the complexity of the procedure, but typically will be 1.5-2.5 hours.

Smoking:

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

Personal Items:

- No cellular devices in the surgical area
- Limit any personal items you bring to the office.
- Bring your Health card to the appointment in case a narcotic is prescribed to you. The pharmacy will require the health card number to fill the prescription.

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.

Post Operative Instructions for Patients who Received General Anesthesia 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 until the patient is fully recovered from the effects of sedation.
- Level of alertness will vary for each patient. The patient may be alert when they leave the office or may sleep a lengthy time after, 3-4 hours is possible. The body will dictate how much sleep it requires. Attend to an alert or sleepy patient the same.
- It is common for the patient to be sleepy, dizzy or off balance after sedation. Hold the patient's arm when moving around to prevent falls.
- The patient should avoid stairs until fully rid of the effects of sedation.
- Shivering can be experienced after general anesthesia. This is due to anesthesia resetting the internal thermostat in the brain. It will subside in approximately 20 minutes. This may occur in the office before discharge or at home.

Transportation from Office:

- You must be taken home in a private automobile. Uber or a Taxi service is not permitted.
- The patient may be nauseous after sedation, and this can increase on the car ride home. Be prepared.

Food and Beverages:

- Do not force food. The first drink should be plain water followed by clear fluids such as apple juice. Take small sips repeatedly.
- Food may be taken when ready and desired, start with light, soft food at lukewarm to room temperature, nothing hot, heavy, or greasy. Avoid fast foods for a minimum of 8 hours after discharge from the office.
- Begins with easily digestible foods such as applesauce, yogurt, puddings, ice cream and soups.
- No sucking through straws if teeth have been extracted for at least 48 hours.
- Avoid hard, crunchy foods as well as food with small seeds as they can wedge into the surgical site causing infection.
- **Do Not** drink alcohol in any form for 24hours. This includes smoking Marijuana and ingesting gummies or any other recreation drugs.

Medications:

- Resume normal medication as directed by your dentist after appointment.
- Pain control prescriptions and instructions will be given that are appropriate for the patient.