



INSTRUCTION FOR PATIENTS WHO WILL BE RECEIVING ORAL SEDATION

Oral sedation is a safe and effective way to reduce or eliminate anxiety related to dental procedures. It is administered approximately 45 minutes before the procedure is scheduled to begin. The medication given is a pill that is often prescribed as a sleep aid. Nitrous Oxide (laughing gas) may be added during the procedure to help you further relax if necessary.

Before your appointment:

1. **Please arrive 1 hour prior to your scheduled appointment.**
2. You must arrange to have someone you trust drive you home at the end of your appointment and assist you. You may not go home by public transit, or taxi.
3. Do not wear facial makeup or nail polish. Wear comfortable, casual and loose-fitting clothing.
4. Contact us prior to the appointment if there has been a change in your general health (such as a severe cold, fever, etc.).
5. Nothing to eat or drink for 3 hours before the procedure.
6. Make a trip to the washroom just prior to being seated.

Following your appointment:

1. You must be escorted by a trusted adult who will ensure your safe return home. 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.
2. You may eat and drink after your appointment, but it is preferable to wait until after the freezing has come out to avoid the risk of biting your lip or tongue.
3. You must NOT drive a car or operate machinery for at least 18 hours.
4. Do not drink any alcoholic beverages for the remainder of the day.
5. If you have any questions or concerns, please do not hesitate to call our office at (519) 471-3683 .