

Pre-operative and post-operative Instructions for Intravenous Sedation:

This leaflet will help you to prepare for your treatment under Intravenous (IV) sedation.

It has been designed to be read in conjunction with the leaflet "Dental treatment under Intravenous Sedation and Local Anaesthetic".

Please read the following information carefully and make sure your escort also understands what they have to do. There is a separate information sheet for your escort detailing their responsibilities. If you have any further questions please ask.

Before your appointment:

Eat a light meal such as tea and toast or a sandwich at least four hours before your appointment. Keep well hydrated and drink clear fluids up to 2 hours before your appointment. After this you must not eat or drink anything else before your treatment (unless otherwise advised by your dentist).

- Please do not smoke for 24 hours prior to the appointment.
- Do not use any recreational drugs or drink alcohol for 48 hours prior to the appointment.
- Avoid using any tablets which may make you tired or sleepy such as sleeping tablets, cold and flu remedies, hay fever tablets

or over the counter preparations such as St John's Wart extract or Valerian tablets.

- You must be accompanied by a responsible adult who will act as your carer and who must be present in the building before we can begin your treatment. You will need to be taken straight home by car or taxi. Both you and the accompanying adult must not be in charge of any other person, including children, so that they are able to care for you. You will need someone with you to look after you for 24 hours after sedation.
- Do not attend the appointment with young children or elderly persons dependent upon your care. Arrange suitable childcare for 24 hours after your appointment. Please be aware that you will not be able to drive the morning after your appointment. Ensure any transport for children has been arranged before you attend.
- Do not drive to your appointment as you will not be able to drive after you have received intravenous sedation.
- Ensure you have at least 24 hours after your appointment before you must return to work or engage in any important tasks.
- If you are taking any medicines they should be taken at the usual times (unless otherwise stated) and should be brought with you.
- If you have a cold or are unwell, please telephone to re-arrange your appointment.
- Please remove nail varnish and false nails before your appointment as these can interfere with our monitoring equipment.

- Please leave any jewellery at home. No responsibility can be taken for valuables lost on the Dental Hospital premises.
- Remove any piercings from the mouth or face.
- Wear flat shoes and loose comfortable clothing. We will need to attach a blood pressure cuff to your arm so a short sleeved garment is also advised.
- Female patients, please let the dentist know if you think you are pregnant as it will not be safe to proceed with the sedation and your appointment will have to be postponed.
- Nursing mothers should not breast feed for 24 hours after dental treatment under intravenous sedation.

After your appointment:

After the dental treatment is complete we will ask you to stay in the surgery or recovery room for a while to allow the effects of the sedation drugs to wear off. The team will observe you and decide when you are ready to go home. Although you may think you have recovered quite quickly, the effects of your sedation may not wear off entirely for 24 hours. During this time you must not expose yourself or others to any danger.

- After your treatment your escort should take you straight home. Do not plan to go anywhere else such as school runs etc.
- You must be taken home by car or taxi only. Do not use any form of public transport.

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- You must not go out alone, drive a car, ride a bicycle, operate machinery or domestic appliances.
- You must not make any important decisions; make expensive purchases, use credit cards, social media or sign legal documents.
- Make sure you continue to take your usual medication as normal.
- You must not drink alcohol or smoke.
- You will not be able to care for dependants either child or adult for 24 hours.
- You must not return to work for 24 hours.
- Nursing mothers do not breast feed for 24 hours after your dental treatment.

If you follow these instructions and ensure your escort is aware of your restrictions, you should find your treatment under sedation both pleasant and uneventful. Please feel free to ask any member of the sedation team any questions that you may have about your treatment.

If you have any concerns:

If you experience any problems or have any worries or concerns, please telephone us at 703-488-9922, 571-359-3828(text), email: mikeyeodds@gmail.com