



## **Nitrous Oxide Inhalation Pre-Sedation Patient Instructions**

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

### **Food and Beverages**

- You may have a light snack and drink fluids before your appointment
- Do not drink any alcohol prior to treatment

### **Medications**

- Please take your usual medications

### **Clothing**

- Wear loose casual clothing for your appointment (e.g., short sleeve t-shirt)

### **Smoking**

- Refrain from smoking prior to treatment

### **Transportation**

- A responsible adult with a vested interest in your safety must accompany you home in a car or taxi
- A taxi driver does not count as your escort

### **Change in health status**

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

*It is important that you understand the circumstances surrounding this treatment.*

*If you have any questions, please do not hesitate to ask them, please call our office **204-774-7774**.*



## **Nitrous Oxide Inhalation Post-Sedation Patient Instructions**

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

### **Discharge from office**

- You must be discharged into the care of a responsible adult who can accompany you home
- Arrangements should be made to have a responsible adult remain with you for the next 24 hours

### **Transportation**

- A responsible adult with a vested interest in your safety must accompany you home in a car or taxi
- A taxi driver does not count as your escort

### **Food and Beverages**

- Clear liquids are advised initially and, after that, diet as tolerated
- Do not drink alcohol in any form for 24 hours

### **Medications**

- Resume taking your normal medication after appointment

### **Activity Restrictions**

- Do not operate motor vehicles, boats, power tools or machinery for 24 hours or longer if drowsiness or dizziness persists
- Do not sign or enter into any legal contract for at least 24 hours

### **Problems**

- If you experience any acute pain, heavy bleeding from the surgical site, respiratory problems, or another post-operative problem, please notify the dental office.

*It is important that you understand the circumstances surrounding this treatment.*

*If you have any questions, please do not hesitate to ask them, please call our office **204-774-7774**.*