

Deep & General Anesthesia **Pre-Sedation Patient Instructions**

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

Food and Beverages

- DO NOT eat or drink (not even water) 8 hours prior to surgery
- Do not drink any alcohol prior to treatment

Medications

- If you are taking any medicines, they should be taken at the usual times (with a sip of water, if necessary) and should also be brought with you to your appointment

Clothing

- Wear loose casual clothing for your appointment (e.g., short sleeve t-shirt) that will allow easy access to your whole arm
- Wear comfortable flat heeled shoes
- Remove any contact lenses prior to treatment is to begin
- Remove any nail polish or artificial nails on both index fingers, so we can monitor your oxygen levels
- Leave all jewellery and valuables at home

Smoking

- Refrain from smoking 24 hours prior to treatment

Escort

- You MUST be accompanied by a responsible adult who must remain in the clinic throughout your appointment, and DRIVE you home afterwards (NO public transit or taxi)
- You MUST NOT drive any vehicle, operate any machinery or use any domestic appliances for 24 hours following sedation
- All minors must be accompanied by a parent or legal guardian

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 204-779-7779.

Deep & General Anesthesia **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
- When you arrive home, you should rest and be watched closely

Transportation

- A responsible adult with a vested interest in your safety must drive you in home (NO public transit or taxi)

Food and Beverages

- Avoid hot foods and liquids for approximately 1 hour, following the surgery (if applicable)
- Clear liquids are advised initially and, after that, a soft diet is recommended
- Do not drink alcohol in any form for 24 hours

Medications

- Resume taking your normal medication after appointment
- No smoking for 24 hours after procedure

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

Care After Surgery (if applicable)

- Do not rinse for the first 24 hours. After that, you may do light rinsing using a mild or diluted mouthwash. Repeat as necessary to help keep the dressing clean
- Do not brush the surgical site. You may resume normal brushing/flossing in other areas the following day

Problems After Surgery (if applicable)

- A small amount of bleeding is normal. If excessive or continuous bleeding occurs:
 - Do not rinse your mouth
 - Elevate your head when lying down
 - Apply moistened gauze to the immediate area with moderate pressure for 20 minutes, repeat if necessary
 - Call the office if bleeding persists
- Bruising may occur after the surgery and will disappear 7-10 days after
- Swelling may occur following your surgical procedure and will typically increase 2-3 days after the procedure. To minimize the swelling, place an ice pack over the outside of the cheek area for 20 minutes on and 20 minutes off. Continue using ice for 2-3 days following the procedure as often as possible.
- If you experience any acute pain, heavy bleeding from the surgical site, respiratory problems, or another post-operative problem, please notify the dental office immediately.

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 **204-779-7779**.*