

WELLAND DENTAL CENTRE

(905) 735- 7571

Sedation Appointment checklist

Smokers - Nicotine levels in your blood will affect your sedation experience

- Less than half a pack per day – Refrain from smoking for **12HRS**
- ½ to Full pack per day – Refrain from smoking for **8HRS**
- 1- 1 ½ packs per day – Refrain from smoking **4HRS**

No Alcohol or Narcotic Drugs – We can't safely sedate you if you have consumed alcohol, Narcotics of any type (including Vicodin/Hydrocodone), or any street or recreational drugs.

No Caffeine for 12HRS – this includes Coffee, Tea, Coke, Iced Tea etc. Consuming caffeine will limit your level of sedation.

Eating and drinking– Nothing to eat or drink **8HRS** before your appointment. (If you need to take daily medications you may do so with a few sips of water in the morning)

The morning of your appointment – Bring the prescribed medications with you to your dental appointment. **DO NOT** take at home.

Clothing – Wear light-weight comfortable clothing, preferably with short sleeves. You may bring comfortable slippers or blanket to appointment.

Arrival and Departure- It is absolutely essential that you have an escort drive you to and from your appointment. We will **NOT** be able to proceed with your appointment if you drive yourself.

Companion – your companion will need instructions, **please have him/her speak with the dental team upon drop off.** If your companion wishes to stay during your appointment they may sit in our waiting room and enjoy a warm beverage.

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AFTER SEDATION INSTRUCTIONS FOR PATIENT AND COMPANION

1. Patient can't drive for **24hrs** after taking sedation medication.
2. Do **NOT** operate any hazardous devices or do any heavy lifting for **24hrs**.
3. A responsible person should be with the patient until he/she has full recovered from the effects of sedation.
4. Patient should **NOT** go up and down stairs unattended. Let the patient stay on the ground floor until recovered.
5. Having nutrition after sedation is important. The patient should begin eating appropriate foods as soon as possible.
6. Patient needs to drink plenty of fluids as soon as possible and stay hydrated.
7. Patient may seem alert when he/she leaves. This may be misleading so do not leave the patient alone.
8. Always hold patients arm when walking.
9. Please call the office if you have any questions or difficulties. If you feel that your symptoms warrant a physician and you are unable to reach us, please go to the closest Emergency room immediately.
10. Patient should **NOT** carry, sleep next to or be left alone with young children for a period of **NO LESS** then **24HRS** after the last dosage of medication.
11. **No sedatives or stimulants** should be taken for the next **24HRS** after the appointment including; **Alcohol, Caffeine or Nicotine**.

Following most surgical procedures there may or may not be pain or discomfort, depending on your threshold for pain. You may be provided with medication for discomfort that is appropriate for you. In most cases a Non-Narcotic pain regimen will be given consisting of Acetaminophen (Tylenol) and/or Ibuprophen (Advil). If a Narcotic has been prescribed, follow the directions carefully. If you have any question about the medications you are presently taking please call or our office or speak with your Physician.

Doctors Name:

Doctors Cell #: