



NOSE
CREEK
DENTAL
CENTRE

Pre-Appointment Oral Sedation Patient Information

The proposed dental treatment is to be performed with the use of oral sedation.

The purpose of the sedation is to induce a relaxed, comfortable state for long or difficult dental procedures. The patient **will not** be put to sleep with this procedure, but will be relieved of any anxiety and most recollection of the dental visit will be forgotten.

- Prior to sedation, meals must be restricted to nothing solid consumed for 6 hours- clear fluid only such as; Water (Plain, carbonated or flavored) ; fruit juice without pulp (apple or white grape juice) ; carbonated drinks including dark soda (cola & root beer) ; tea or coffee without milk or cream; sports drink; Ice pops with out milk, can sweeten with honey or sugar **then nothing for 2 hours prior to the sedation procedure.**
- Remove contact lenses prior to the appointment. Please do not wear nail polish or lipstick.
- If possible, please arrive at least 10 minutes before your scheduled appointment time.
- A BMI (body mass index) of no greater than 40 is permitted to legally proceed with IV sedation at a non-hospital clinic...find yours at www.bmicalculator.org. (you will need to know this number for your appointment)

Most patients are tired and disoriented following sedation, therefore **ALL PATIENTS MUST BE ESCORTED HOME BY A RESPONSIBLE ADULT. THE ESCORT MUST COME INTO THE OFFICE TO PICK UP THE PATIENT, AND REMAIN WITH THEM FOR 12 HOURS AFTER THE SEDATION APPOINTMENT.**

Some patients feel normal following sedation, however, **UNDER NO CIRCUMSTANCE CAN A PATIENT OPERATE A MOTOR VEHICLE FOR THE REST OF THE DAY.**

In addition, NO ALCOHOL CONSUMPTION is advised for 18 hours following IV sedation.

Upon arriving home, most patients will fall into a normal sleep for several hours and a mild fever may occur. After a good nights sleep, all symptoms will have subsided and normal activities can be resumed.

Any Questions please call or email us prior to your appointment.
403-948-6684

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