

## Patient Information for Sedation/Anesthesia

### What are the benefits of sedation or anesthesia?

The purpose of sedation or anesthesia accompanying dental treatment is to provide a comfortable experience for you, our patient.

The sedative you receive orally, called Triazolam, will help diminish the sounds, odours, and discomfort that you may associate with dentistry. Conventional local anesthetics are also used to render comfortable treatment. If you are having IV sedation, a registered nurse will administer Midazolam.

The relaxation you experience will allow our Periodontist to work more efficiently, thus minimizing the amount of time you will spend in the chair. A relaxed patient allows the Periodontist to provide the highest quality of care.

### Instructions prior to sedation or anesthesia

**DIET:** You must have absolutely **NOTHING** to eat or drink **EIGHT (8) HOURS** prior to your appointment. You may have a small sip of water with any medications.

**CLOTHING:** You must wear loose-fitting comfortable clothing and **a short-sleeved shirt.**

**ACCOMPANIMENT:** You must inform & arrange for a friend or family member to bring you to and from our office. **You must not drive yourself.** Please **have your driver come up to the office to drop you off and pick you up**, so that we may review any post operative instructions with them. As well, someone must be with you for the remainder of the day.

### Instructions after the appointment

Most people are sleepy and relaxed after their appointments. You should plan to rest at home for the remainder of the day. Most people are able to return to work the day after their appointment, however in some cases, a longer period of recovery may be required. You **MUST NOT OPERATE AN AUTOMOBILE OR MACHINERY FOR AT LEAST 18 HOURS AFTER YOUR APPOINTMENT.**

**DIET AFTER APPOINTMENT:** Because you have not consumed any food or drink prior to the appointment, we encourage you to start drinking nutritious fluids such as juice or milk as soon as you are able. For the rest of the day, eat soft foods such as cottage cheese, scrambled eggs, pasta, canned tuna or salmon. You should **not drink alcoholic beverages** for at least 24 hours after your appointment.

**NO SMOKING** for 24 hours before admission and no smoking for 2 weeks following surgery.

Please remove contact lenses before surgery.

OHIP does **not cover** dental care. We **must** take payment prior to administering the sedation.