



PRE-SEDATION INSTRUCTIONS

A PATIENT'S GUIDE

You have been offered conscious sedation in order to help you relax. Most people find that this is a very pleasant and acceptable way of receiving surgical and/or dental treatment. You will have the sedation agent administered either through an injection in the back of the hand (intravenous sedation) or via a small mask placed over your nose (inhalation sedation). Once you feel drowsy and sufficiently relaxed, your mouth will be numbed and the surgical/dental work will be commenced. During the procedure you will feel peaceful and largely unaware of what is going on; in fact many patients do not remember anything about their treatment. At the end of the session you will be allowed to recover until you are fit enough to be discharge home with your escort.

It is essential that you observe the following instructions; otherwise your sedation appointment may be cancelled:

1. You must not eat or drink anything for two hours prior to your appointment time. Before this you should have a healthy light meal, e.g. toast and tea, coffee or fruit juice. You should avoid all alcoholic beverages for at least 24-hours before your sedation appointment.
2. You must be accompanied by a responsible adult, who must remain in the waiting room throughout your appointment, escort you home afterwards (by private car rather than by public transport) and arrange for you to be looked after for the following 24 hours.
3. If you are taking any regular medications they should be taken at the usual times and should also be brought with you so that the surgeon may know what they contain. You should take your normal medicines after your appointment unless advised otherwise.
4. Any illness occurring before the appointment should be reported immediately, as this may affect your treatment.
5. You must not drive any vehicle, operate any machinery or use any domestic appliance for 24 hours after sedation.
6. You must not drink alcohol, return to work, make any important decisions or sign any legal documents for 24 hours after sedation.

If you follow these instructions you will find your treatment under sedation both pleasant and uneventful. Please feel free at any time to ask the surgeon or nurse any questions that you may have about your treatment.