



INSTRUCTIONS FOR PATIENTS RECEIVING ORAL SEDATION (+/- NITROUS OXIDE)

You will be receiving medication to sedate you and to make your dental procedure more pleasant. You will be conscious at all times. Please adhere to the following instructions.

Before your appointment

- Please arrive at least 50 mins before your appointment to allow for the medication to work
- Continue to take your regular medications at the regularly prescribed time. If there is any change in your medication, please advise your dentist.
- Wear loose, comfortable clothing. Avoid makeup including lipstick, nail polish etc.
- Avoid alcohol the day before and the day of the procedure
- If you have an illness (cold, flu, cough) on the day before your procedure, please call our office at (902) 446-2326
- Please arrange to have someone drive you home at the end of your appointment and assist you to your door

During the procedure

- You are awake during the procedure and are responsive to verbal and visual commands
- You will likely experience relaxation, tiredness and anxiety reduction
- Your dentist will go over the post-operative instruction with you in presence of your companion

Following your appointment

- You can only be discharged from the office with a companion
- You must not drive a car or operate machinery for at least 24 hours.
- You may be drowsy for the remainder of the day and should be recovering at home in the care of a responsible adult until you are fully alert
- Avoid heavy strenuous activity and follow the post-operative instructions provided
- Do not travel by public transit alone
- Do not drink alcoholic beverages for 24 hours
- Amnesia or lack of memory of the dental procedure is a common effect of the sedation
- You should expect to recover 24 hours following the procedure

If you have any concerns about your procedure or have any follow up questions, please call us during office hours at (902) 446-2326 or After hour number on your post-op instruction sheet.