

Pre sedation instructions

You will receive a call from Dr Stone (anesthesiologist) to go over your medical history. He will explain sedation and answer any questions. Here are some of the most important reminders:

Eating- no food any type of dairy product after midnight, in later cases a light meal (example: toast, avoid any fatty foods) six (6) hours before the procedure may be acceptable. It is critical your stomach is empty by the time of the procedure.

Drinking- clear liquids (water, juice, pedialyte, Gatorade, soda) in moderate quantity can be consumed up to three (3) hours prior to the appointment

Dressing for the appointment

You are encouraged to wear loose, comfortable clothing. With colder weather, layering is the best. For children pull-up may help with 'accidents'.

Medications

Unless specifically advised, it is recommended to take all medications as prescribed with a small amount of water.

Sedation medications and fluid are given through an IV. Children will have sedation administered before the IV. Monitors are placed including EKG (heart monitor); blood pressure; pulse; exhaled carbon dioxide and oxygen saturation.

No patient who receives sedation or anesthesia can operate a vehicle following discharge from the dental office! All patients must have a responsible adult stay with them until they are fully recovered.

Questions? Call Dr Stone 828-775-1314

Post sedation instructions

The MOST important thing that you can do is go home and REST. Giving your body a chance to recover post anesthesia is best achieved through resting.

Adults no driving for the remainder of the day

Avoid operation of mechanical or electrical machinery/devices

Avoid making any important decisions or signing important documents

Avoid consuming alcoholic beverages and/or smoking

Avoid any unaccompanied activity.

Children must be watched carefully for 4 hours and no climbing, running or riding bicycles the rest of the day

ACTIVITY:

Take your time when moving, use help or assistance as much as possible. As you move from lying to sitting or sitting to standing- move slowly. If you experience any dizziness, lie or sit back down and rest. When climbing stairs, have someone help and assist you.

MEDICATIONS:

Resume taking any prescribed medications once you are drinking fluids. If you receive prescriptions for the procedure, take those as directed. Over the counter pain relievers- Tylenol, Motrin, are very helpful to take.

EATING AND DRINKING:

Liquids may be consumed as soon as possible. Begin with frequent small quantities of clear fluids- water, juice, soda. Increase your diet as desired depending on how you feel.

If you experience any problems not discussed above or you are continuing to have any problems or difficulties, please call the office or Dr. Stone at 828-775-1314.