

Pre and Post Sedation Instructions

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 nor 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- You are encouraged to wear loose, comfortable clothing. In colder weather, layering is best. For children, a 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 fluids 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 at 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.

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- 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 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.