

Pre-operative Instructions For Intravenous Sedation

This leaflet will help you to prepare for your treatment under Intravenous (IV) sedation. Please read the following information carefully and make sure your escort also understands what they must do. There is a separate information sheet for your escort detailing their responsibilities

Before your appointment

- Eat a light meal such as tea and toast or a sandwich no later than 2 hours before your appointment. Keep well hydrated and drink clear fluids up to 2 hours before your appointment.
- Please remove nail varnish and false nails before your appointment as these can interfere with our monitoring equipment.
- Wear flat shoes and loose comfortable clothing. We will need to attach a blood pressure cuff to your arm so a short sleeved garment is also advised.
- Please do not smoke for 24 hours prior to the appointment.
- Do not use any recreational drugs or drink alcohol for 48 hours prior to the appointment.
- Avoid using any tablets which may make you tired or sleepy such as sleeping tablets, cold and flu remedies, hay fever tablets or over the counter preparations.
- You must be accompanied by a responsible adult who will act as your carer and who must be present in the building before we can begin your treatment. You will need to be taken straight home by car or taxi. Both you and the accompanying adult must not be in charge of any other person, including children, so that they are able to care for you. You will need someone with you to look after you for 24 hours after sedation.
- Do not attend the appointment with young children or elderly persons dependent upon your care. Arrange suitable childcare for 24 hours after your appointment. Please be aware that you will not be able to drive the morning after your appointment. Ensure any transport for children has been arranged before you attend.
- Do not drive to your appointment as you will not be able to drive after you have received intravenous sedation.
- Female patients, please let the dentist know if you think you are pregnant as it will not be safe to proceed with the sedation and your appointment will have to be postponed.
- Nursing mothers should not breast feed for 24 hours after dental treatment under intravenous sedation.