

# Post-Operative Instructions

**Preoperative Instructions** (*Failure to comply with these instructions may result in the cancellation of your procedure*)

- Limited solid food may be taken up to 6 hours prior to your procedure. If your appointment is not until the afternoon, you may have light breakfast - but this must be at least 6 hours prior to your appointment.
- Routine medications (e.g. blood pressure tablets) are to be taken as normal but with just a sip of water
- Smoking should cease or be significantly reduced at least 24 hours before your procedure.
- For your own comfort and to allow us to readily attach our monitors, please wear loose fitting clothes.
- Contact lenses should not be worn.
- You will be unable to drive following your procedure. You will need to arrange suitable transport to travel home.
- A responsible adult who can take you home must accompany you.
- To help minimize the risk of postoperative infection, please brush your teeth thoroughly before coming to the dental center. Remember to rinse only - do not swallow the water.
- Upon your arrival, you will be asked to sign a consent form for conscious sedation, confirming that you understood and complied with the preoperative instructions.
- During the procedure, you may be given some fluids intravenously. For your personal comfort in the immediate postoperative period it is recommended that you use the restroom immediately prior to coming through for your procedure.

## Post Care Instructions

- Do not drive for 24 hours after sedation.
- Do not operate any hazardous devices for 24 hours.
- A responsible person should be with the patient until he/she has fully recovered from the effects of the sedation.
- Do not climb stairs unattended; stay on the ground floor until fully recovered.
- No diet restrictions
- Drink plenty of fluids as soon as possible
- Patient may sleep for a long time or may be alert when he/she leaves. Attend to both the alert or sleepy patient in the same manner; don't trust him/her alone.
- Escort should always hold patient's arm when walking
- Call us if you have any questions or difficulties