

Dental Sedation Instructions

Before Sedation:

1. If your surgery is before 12 noon you may have **nothing** to eat or drink including water after midnight.
2. If your surgery is after 12 noon you may have nothing solid after midnight and in the morning, you may have **Clear fluids** only [i.e. fluids you can see through such as water, clear tea, apple juice, and jelly] up until three hours prior to your anesthetic. ***PLEASE NOTE*** that coffee, orange juice, and tea with milk are **NOT ACCEPTABLE.**
3. Unless otherwise instructed you should take your regular medications with a very small sip of water on the schedule that you normally take them.
4. It is best if you do not smoke for at least 24 hours prior to your appointment as this will improve your lung function during your anesthetic.
5. Make sure to remove any contact lenses prior to your sedation appointment.
6. You should wear no makeup including mascara, nail polish, or face creams to your sedation appointment. Also, no jewelry should be worn to the appointment.
7. You must be in the office 15 minutes prior to your planned anesthetic appointment.
8. Wear loose fitting clothing with a crewneck short-sleeved top. Footwear should be socks with either lace up shoes such as sneakers or loafers. No open toe footwear (thongs sandals etc.). Have Compression Stockings on.
9. Please arrangement for a responsible adult to bring you to the appointment and take you from the appointment as well as being with you for 6 hours after you arrive home. **NO ESCORT NO SEDATION.**
1. If you have any questions with respect to these instructions please contact Dr. Field can be reached at 0478622354 or 0355232889

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After Sedation:

1. To ensure your safety you will be required to be escorted from the surgery by a responsible adult. This person must take responsibility for you for at least 24 hours after the sedation. Responsibility means that they must ensure you are not left alone for 24 hours following your sedation.
2. A private car or taxi should be arranged for your transport home. It is not appropriate for you to travel on public transport immediately following your sedation.
3. No alcohol or sedative or anxiety medications should be taken for at least 12 hours following the end of your sedation appointment. Alcohol, sedative medications, and anxiety medications can act to enhance the effects of the sedative drugs that you will be given at your appointment and can lead to breathing complications.
4. For 24 hours following the end of your sedation you may not operate a motor vehicle, machinery or power tools, make any financial decisions, be responsible for looking after children or the elderly, cook at a stove or barbecue, or do anything else where you may reasonably assume that you could harm yourself or others.
5. For pain, you should take 2 nurofen (200mg) 3 times per day as you first medication. If nurofen alone is not sufficient then take 2 panadol (500 mg) along with the nurofen or if prescribed you may take panadol with codeine instead of the regular panadol.
Today give meds when you get home , 500 PM and bedtime. From Tomorrow onwards give meds 800 AM 300 PM bedtime
6. If you have had dental surgery use ice packs (frozen peas, corn etc.) on the affected side. 20 min on and 20 min off for the first 2-3 days as much as possible, during waking hours. This will help control the swelling. Make up 8 zip-lock bags with 4 handfuls of peas in each
7. If you have had dental surgery then have a soft diet such as, soup, noodles, scrambled eggs, ground beef and mash for 24-48hrs following your surgery. As soon as you feel like eating more substantial foods, you may do so.
8. If you have had dental surgery, then no rinsing of your mouth for 24hrs. After 24 hours rinse your mouth after each meal and before bed with savacol mouthwash utilizing the syringe provided
9. If you have had dental surgery, and experience bleeding (which is normal after dental surgery) then bite on a gauze pack for 30 minutes. Repeat as necessary until the bleeding stops

For any post, anesthetic enquiries Dr. Field can be reached at 0478622354(personal mobile or 0355232889 (office number)