

Pre - Sedation Instructions

- Do not drink anything 4 hours before surgery.
- Do not eat anything 6 hours before surgery.
- To facilitate intravenous sedation, please wear loose comfortable clothing with short sleeves.
- Do not wear contact lenses during surgery.
- Please use the washroom facilities just prior to the appointment.
- Please ensure someone will accompany you home following the anaesthetic- preferably by car.
- Women should not wear lipstick or nail polish.
- Children under 16 years of age must be accompanied to the dental office by one or both parents.
- You must not drive an automobile or operate machinery for 24 hours after the anaesthetic. Plan to rest for 12-24 hours following the anaesthetic.
- You must not drink alcoholic beverages of any type for 24 hours.

ATTENTION SMOKERS:

Because of the harmful effects on your heart and lungs, we strongly recommend that you reduce the amount of your smoking from now until your anaesthetic appointment. You should **STOP SMOKING** entirely in the 24 hours preceding your anaesthetic.