



What is Oral Sedation:

Oral Sedation is a pill form of sedation that you ingest which helps reduce anxiety and gives you the ability to relax. It is a mild form of sedation which is very safe with few to no side effects.

Pre Operative Instructions:

- Do not eat or drink for 2 hours prior to the dental appointment. (Small amounts of water are acceptable)
- Do not wear facial makeup or nail polish. Wear comfortable, casual and loose-fitting clothing.
- Patient must be driven to the office by a responsible companion.
- No smoking or drinking alcohol for 24 hours prior to the dental appointment.
- Sedative medications must be taken according to Dentist's instructions.
- Patient must have NO chance of pregnancy.
- Take regularly prescribed medications as directed by your physician unless otherwise decided.
- Please contact us prior to the appointment if there has been a change in your general health (such as a severe cold, fever, etc.)
- Make a trip to the washroom just prior to being seated.

Post Operative Instructions:

- You will need to take the rest of the day off. The effects of the sedation medication may last all day. You should be recovered from sedation by the following day.
- Get plenty of rest.
- Drink plenty of fluids.
- Avoid strenuous activity.
- Avoid alcohol or other sedative medications for 24 hours.
- Do not drive or operate heavy machinery for 24 hours.
- Do not make important decisions.
- Do not travel by public transit.
- Eat light, easily digested foods.

If you have any questions, please feel free to contact us at 519.756.8080