



PRE-SEDATION PATIENT INSTRUCTIONS

For the safe treatment of the patient, the following pre-sedation instructions must be followed very carefully.

FOOD AND BEVERAGES

- It is essential that the patient's stomach be empty at the time of the sedation appointment.
- The patient should not eat anything or drink milk within 6 hours of the sedation appointment.
- Clear liquid is ok up to 2 hrs before the sedation appointment ex. apple juice or water
- **Fasting instructions should be strictly adhered for the safety of patient**

MEDICATIONS

- It is essential to discuss with Dr. Chander whether or not you should give medication(s) that your child take on a regular basis.

CLOTHING / CONTACT LENSES

- The patient should wear loose casual clothing for the appointment (e.g., short sleeve tee shirt).
- NO NAIL POLISH

TRANSPORTATION

- A responsible adult (excluding a taxicab driver) must pick up the patient after the appointment and accompany them home. Child is not to be left alone
- Public transportation is not acceptable.

CHANGE IN HEALTH STATUS

- If the patient's general health deteriorates up to a week before the appointment (e.g., cold, cough, fever, runny nose), contact the dental office prior to the day of the appointment. If in doubt, please phone the office to discuss the change in health status.

If you have any questions, please do not hesitate to ask them. It is important that you understand the circumstances surrounding this treatment



POST-SEDATION INSTRUCTIONS FOR PATIENT & COMPANION

Following sedation, 24 hours may be required for the full effects of the drugs to wear off. During this period, it is essential that you follow these instructions.

DISCHARGE FROM OFFICE

- The patient must be discharged into the care of a responsible adult who can accompany him/her home. The patient may seem alert when he/she leaves. This may be misleading so do not leave the patient alone. Always hold the patient's arm while walking.
- Arrangements should be made to have a responsible adult remain with the patient for the balance of the day and during the night until the patient has fully recovered from the effects of the medication.

TRANSPORTATION FROM OFFICE

- Private automobile is preferred. Public transportation is not acceptable.

FOOD AND BEVERAGES

- Having nutrition after sedation is important. The patient should begin eating appropriate food as soon as possible. Do not delay.
- Clear liquids are advised for at least 6 hours and, after that, diet as tolerated.

MEDICATIONS

- Resume normal medication as directed by physician after appointment.

ACTIVITY RESTRICTIONS

- Please monitor your child closely for the rest of the day
- Do not let the child ride anything i.e. bikes, scooters, skateboards etc.
- Do not allow child to use washroom alone
- Patient should not carry, sleep next to, or be left alone with young children for a period of no less than 24 hours after administration of medication.

PROBLEMS

- If your child experiences any acute pain, heavy bleeding from the surgical site, respiratory problems, or any other post-operative problem, please notify the dental office. For after hour **emergencies**, Dr. Kunal Chander may be reached at **1 (604) 812-3450**