




## PATIENT INSTRUCTIONS

### Nitrous Oxide and Oxygen Conscious (Minimal) Sedation

**Nitrous Oxide and Oxygen Sedation is a safe and effective method to limit anxiety and create relaxation. Follow these instructions carefully. They are for your safety.**

#### BEFORE THE APPOINTMENT

**1. DO NOT EAT OR DRINK:** NO FOOD OR DRINK within 2 hours of your dental appointment. The last meal before your appointment should be a light, low-fat meal (avoid dairy, no fried fatty food). The last drink before your appointment should be water, clear juice (apple juice), or black coffee (avoid dairy or dairy substitutes) as these are easy to digest.

<b>Last Meal - Light, Low-Fat</b>	<b>2 HRs</b>	<b>1</b>	<b>Appointment</b>
LAST SOLID FOOD	NO FOOD		
LAST DAIRY DRINK	NO DRINK		

**3. MEDICATIONS:** Take all regular medications at their usual time, with sips of water only. In rare instances, you may be asked not to take a certain medication. If you are not sure, check with your student.

**4. WHAT TO WEAR:** Loose, comfortable clothing is best. Do not wear nail polish.

**5. ILLNESS:** If you become sick or ill at anytime leading up to your appointment, call your student. Report any health changes such as new medical diagnosis, new illness, cough/fever, cold or flu. Bring an updated medication list to your appointment and be prepared to answer questions about your health.

#### AFTER THE APPOINTMENT

**1. ACTIVITIES:** Following the administration of 100% Oxygen for five minutes, you should be fully recovered from the sedation and can resume your normal activities.

**2. FOOD AND DRINK:** Depending on your dental treatment, you may need to modify your diet. It is important to resume fluid intake after your appointment to prevent dehydration. Make sure you resume drinking following your sedation. Start with small sips of water and drink more as able.

**Student Name:** \_\_\_\_\_

**Daytime Phone: 416-979-4900 Ext.** \_\_\_\_\_ **OR** \_\_\_\_\_

**After hours or in an emergency, contact your nearest hospital emergency department.**