



PATIENT INSTRUCTIONS

Oral Conscious (Minimal) Sedation

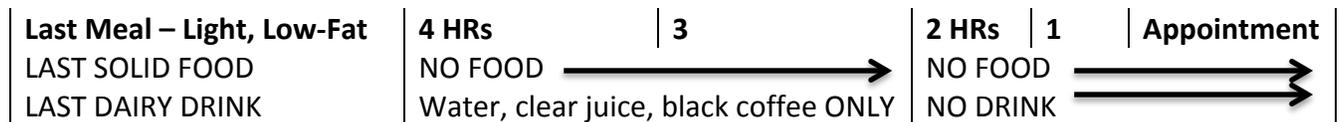
Oral Conscious Sedation is a safe and effective method to limit anxiety and create relaxation. Follow these instructions carefully. They are for your safety.

BEFORE THE APPOINTMENT

1. MAKE PLANS FOR GETTING HOME: You will **not be able to drive** after your appointment. **Under no circumstances may you use public transportation.** You may only go home in 1) a private vehicle or 2) a taxi. You **must have a responsible adult to escort you home.** You must go directly to a place where you can rest.

Your escort should arrive to _____ at _____ to pick you up.

2. DO NOT EAT OR DRINK: For best absorption of the sedative medication, do not eat within 4 hours of your dental appointment. The last meal before your appointment should be a light, low-fat meal (avoid dairy, no fried fatty food). WATER, CLEAR JUICE, and BLACK COFFEE (NO DAIRY or dairy substitutes) are easy to digest and allowed up to 2 hours before your appointment. NO FOOD OR DRINK within 2 hours of your appointment.



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: After your appointment, your motor coordination and cognitive function will be impaired. **You may not operate a motor vehicle or machinery, consume alcohol, engage in decision-making, business transactions, or online social media for 18 hours, or longer if dizziness/drowsiness persists.** Rest is best.

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.

3. SEEK ADVICE: If you have difficulty breathing, nausea or vomiting that persists beyond 2 hours, a sensation of dizziness or drowsiness 6-8 hours after your appointment, or any other matter that causes you concern.

Student Name: _____

Daytime Phone: 416-979-4900 Ext. _____ OR _____

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