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Important Information Following Oral Sedation

1. The time you need to fully recover and feel 'back to normal' will usually vary depending on the total amount of anaesthetic drugs required during your appointment. We use the least amount of drug needed. That amount varies with:

- a. Your own individual tolerance for sedative/anaesthetic drugs
- b. The length of your appointment and amount of treatment performed

2. You must be taken directly home by your accompaniment after your appointment and remain there with until you have fully recovered. You should relax or sleep, but be sure to eat and drink also.

3. It is important to plan for a period of at least 24 hours after sedation or anaesthesia during which you must not drive a vehicle, operate hazardous machinery, consume alcohol or make important, binding decisions. In rare occasions when drowsiness or dizziness persists, this time should be extended until you feel 'back to normal'.

4. It is very important to drink a plentiful quantity of fluids during the remainder of the day of your appointment and every day after that you feel residual effects of your sedation. Caffeinated drinks may help you feel more alert.

5. It is also very important that you get good nutrition. You must eat today and tomorrow! If you need a 'soft chew' diet because of your dental treatment, we can provide suggestions. Good nutrition and calories ('fuel') are important for your recovery.

6. Be sure to immediately fill the prescriptions given to you and ensure you take them as directed. You should take all other prescription medications as usual, the exception being sleeping pills or tranquilizers, until you no longer feel the effects of your sedation

7. It is normal for the anaesthetic drugs to cause some vagueness of memory for a few hours after you awaken. Do not be alarmed if you do not remember every detail about things in the time immediately after your appointment.

8. If you have any problems, concerns or questions please call us at 416-519-5550.