



# Coral Dental Sedation and Anxiety Centre

Dear Patient,

You need to undergo a procedure/operation and you have chosen to have this done under sedation. Please read the following information and instructions carefully.

## **PRE-SEDATION INSTRUCTIONS:**

- If you suffer from any medical condition or take medicine (short or long term), you will need to inform your sedationist before the procedure.
- If you feel sick or unwell in any sense, please call your sedationist so that he/she can decide whether it is necessary to postpone the treatment.
- Please wear comfortable clothes with loose sleeves.
- Do not eat or drink anything for at least 4 hours before the procedure but you can drink clear fluids up to 2 hours prior to your appointment.
- If you need to take long term medication, take it on the day of the procedure but with a minimal amount of water (20ml).
- Please empty your bladder before the procedure.
- Parents/Escorts may remain with the patient until the sedation is underway and the surgical procedure is about to start; **then they will be requested to leave the procedure room but remain on the premises.**

## **POST-SEDATION INSTRUCTIONS (AFTERCARE OF THE PATIENT)**

- Please ensure that you are accompanied to your appointment by a responsible adult (over the age of 18 years) who will escort you home after the sedation (and remain with you for the remainder of the day).

**Sedation will NOT be given if you arrive without an escort.**



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- You will not be allowed to leave after the sedation by using public transport or on foot (arrangements can be made within the recovery area for a cab, but this will be at your own cost).
- No signing of legally binding agreements, driving or any other activities that require alertness or coordination (e.g. swimming, riding bicycles, etc) for at least 12 hours following treatment.
- If you are taking regular medication, ask your sedationist when you should continue to take them.
- Do not drink alcohol for at least 12 hours following sedation.
- The sedation may produce amnesia (loss of memory); this is temporary, sometimes lasting for a few hours.
- Do not eat or drink if you feel nauseous; you may have clear fluids when instructed to do so by the sedationist or dentist. If you feel fine after having clear fluids, you may then progress onto solids.

I....., the undersigned, have read and understand the pre- and post-sedation instructions.

Signature : .....  
(Patient/Parent or Guardian)  
(Please delete as not applicable)

Date : .....

Signature : .....  
(attending Sedationist)

Date .....