

Pre-sedation Patient Instructions for Nitrous Sedation

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

Inhalation Sedation – Nitrous Oxide

Food and Beverages

- **It is essential that the stomach be empty at the time of the sedation appointment.**
- Do not eat any solid foods within 6 hours of the sedation appointment.
- Do not drink anything, even water, for at least 3 hours before the sedation appointment.
- Do not drink any alcohol prior to treatment

Medications

- It is essential to discuss with your dentist whether or not you should take medication(s) you otherwise take on a regular basis.

Clothing/Contact Lenses

- Wear loose casual clothing for the appointment (e.g., short sleeve tee shirt). Female patients should wear slacks.
- If possible, wear glasses to the appointment.

Smoking

- Refrain from smoking prior to treatment

Change in Health Status

- If your general health deteriorates (e.g., cold, cough, fever, ect.) 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 Patient Instructions for Nitrous Sedation

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.

Inhalation Sedation – Nitrous Oxide

Food and Beverages

- Clear liquids are advised for at least 6 hours and, after that, diet as tolerated.
- Do not drink alcohol in any form for 24 hours.

Medications

- Resume normal medication as directed by physician after appointment.

Problems

- If you experience any acute pain, heavy bleeding from the surgical site, respiratory problems, or any other post-operative problem, please notify the dental office.

Discharge from Office

- Patient should be able to resume normal activity